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DEVELOPMENT OF A YOUNG PARENTS' GUIDE FOR INCOME, EDUCATION, EMPLOYMENT, AND HEALTH RESOURCES IN SOUTH

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DEVELOPMENT OF A YOUNG PARENTS' GUIDE FOR INCOME, EDUCATION,
EMPLOYMENT, AND HEALTH RESOURCES IN SOUTHCENTRAL ALASKA

By

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Abstract

The issue of pregnancy at a younger age is a global problem that affects the socioeconomic status of people living in our community. The goal of this project was to compile a working, comprehensive, accurate and easy to read resource guide. The primary users of the guide are to be youth who may be planning to be pregnant, pregnant, engaging in risky sexual behaviors which may or may not lead to pregnancy, and/or parenting. Other intended users of the guide are to be workers in the social services and public health field. The resource guide created was assessed by the investigator to be the first of its kind specific to the target population within the Southcentral Alaska region. This study recommends that when working amongst this population that public health practices be used in conjunction with social services, keeping in mind the importance of preventative as well as intervention methods. Mainly, it is suggested that social services sites provide a brief and accurate list of useful links to other resources they recommend for further assistance. Utilizing the Health Belief Model, the intent of this project was to empower young people in this situation to have the knowledge and resources necessary to make informed decisions regarding their health and future.

Acknowledgment

This project would not be possible without the support and resources of the Cook Inlet Tribal Council (CITC). Qu yana cakneq (Cup'ik: 'thank you very much') to DeAnna Roering, CITC Health Professions Opportunity Grants Program Manager. You were vital in cultivating this relationship and helping me to start this project. Krystal Kompkoff, CITC 477 Youth Case Manager, truly helped bring this project into reality through her drive and advocacy. Thank you, Dr. Nancy Nix for providing the guidance, support, understanding and patience necessary to bring this to fruition. Thank you, Dr. Virginia Miller for being a kind source of support to me, and for serving as a committee member to this practicum and project experience. Thank you, Dr. Corrie Whitmore for your enthusiastic support for me as the student advocate.

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Chapter 1: Introduction

Addressing the needs of parenting youth is an ongoing priority for the United States for both local and federal levels (Youth.gov, 2020b). In the U.S. alone, 75% of all pregnancies for young women aged 15 to 19 years of age were reported to be unintended, even as the rates of unintended pregnancy (UIP) for all groups have been reported to be in decline from 51% in 2008 to 45% in 2011. Additionally, UIP composed approximately half of all pregnancies in the U.S. from 2008-2011 (Centers for Disease Control and Prevention [CDC], 2019b). Unintended pregnancy places mothers and their babies at higher risk for a myriad of problems, such as delayed prenatal care, lower birth weights, premature birth, lower income, and lower educational attainment to name a few (National Institute for Children's Health Quality [NICHQ], 2020). The CDC stresses that the groups most at risk for experiencing UIP include women who meet the following criteria: aged 18-24 years old, low income, high school education non-completer, non-Hispanic black and/or African American, and those who cohabitate but have never been married (CDC, 2019b).

Unintended pregnancy disproportionately affects young adults compared to older adults and is associated with many different poor health outcomes (Kornides, Kitsantas, Linley, & Wu, 2015). For example, it has been found that young adults who experience UIP are more likely to experience intimate partner violence (IPV) than older adults who experience UIP (Office of Disease Prevention and Health Promotion [ODPHP], 2019). In relation to pregnancy, IPV has been found to not only be a risk factor for UIP itself, but it has also been associated with poor health outcomes such as low birth weight, pre-term delivery, fetal injury, still-birth, and an increase in severity of violence towards the victim (The American College of Obstetricians and Gynecologists [ACOG], 2012).

Additionally, younger adults who experience UIP are less likely to graduate from high school or obtain a General Education Diploma (GED) (ODPHP, 2019). Hahn and Truman (2015) reported that increased years of education are associated with lower rates of risky behavior engagement in activities such as alcohol use, cigarette use, and sexual activity. Also, it has been reported that individuals with higher grade point averages (GPA) have lower rates of risky behavior engagement compared to those with lower GPAs. Additionally, both men and women with less than a high school education have a life expectancy of 15 and 11 years less than their counterparts with graduate degrees, respectively (Hahn & Truman, 2015). Non-completion of a high school education is further associated with lower income levels, with disparities in poverty decreasing with increased educational attainment (Beckles & Truman, 2013). Younger adults who experience UIP are found to experience lower income rates than older adults who experience UIP, earning approximately \$3,500.00 less per year (ODPHP, 2019). In large part due to the lower rates of educational attainment and income levels, younger adults who experience UIP are more likely than older adults with UIP to rely on federal aid for longer periods of time (ODPHP, 2019).

Unintended pregnancy also places the children resultant of such pregnancies at greater risk for UIP at a young age. Children resultant from UIP are more likely to experience poor physical and psychological health issues, become a high school education non-completer, earn lower income, and engage in risky behaviors in adolescence (Yazdkhasti, Pourreza, Pirak, & Abdi, 2015). Further, when born to younger parents, boys are more likely to be incarcerated and girls are more likely to become adolescent parents, compared to those born to older parents (ODPHP, 2019).

In 2010, Wind reported that the U.S. spent approximately twenty-one billion dollars on the effects of UIP, related strictly to births, abortions and miscarriages alone. In 2010, Alaska was estimated to have spent between one hundred and four hundred million dollars on these same costs resultant from UIP (Wind, 2010). Unintended pregnancy poses severe financial burdens on society, causing an average of ten thousand dollars of U.S. public aid for each occurrence of UIP (Yazdkhasti, Pourreza, Pirak, & Abdi, 2015).

To address the disparity of UIP among youth, the U.S. identified UIP as a Healthy People 2020 Objective, with the goal of reducing unplanned young adult pregnancies to 36.2 pregnancies per 1,000 people (Department of Health and Social Services [DHSS], 2019a). The CDC is actively working on preventing and reducing rates of unintended pregnancy through evidence-based interventions. One such intervention, called ‘The 6|18 Initiative’, is to provide reimbursements to healthcare providers offering full-range contraceptive services. By offering reimbursements to these providers, the CDC is helping to improve health overall and control healthcare costs (CDC, 2018a).

The State of Alaska (SOA) introduced both statewide and local programs to assist national efforts in reducing UIP among youth (DHSS, 2019c). One of these programs, based in Anchorage, is called ‘Healthy, Empowered and Responsible Teens’. This program aims to increase knowledge of sexually transmitted infections, healthy relationships and sexual health services. Through this program, the sexual health educators and clinical staff will provide educational services and referrals to youth in Anchorage (DHSS, 2019c).

A second program provided by the SOA is available statewide to teachers interested in providing healthy relationships education to their students. Through this program, ‘Fourth R for Healthy Relationships’, teachers are trained and provided curriculum to aid in building healthy

relationships and decrease risky behaviors among youth in grades 9-12. This program is not intended for direct youth engagement, rather, it is to be used by educators to improve curriculum related to relationship-building.

The ‘Alaska Youth Friendly Clinics’ is a statewide program that provides guidance to Alaskan clinics through collaboration from pediatricians, parents, young Alaskans, and the Adolescent Health Initiative at Michigan Medicine. Through this program, Alaskan clinics are offered guidance on how to best provide youth access and applicability of reproductive and sexual health services. This is done via technical assistance, implementation planning, reporting, training, guided calls, and access to easily utilized clinic staff trainings (DHSS, 2019c). This program is intended to be used by educators to improve curriculum related to relationship-building.

The ‘Alaska Coalition for Healthy Youth’ aims to increase and improve evidence-based sexual health and wellness education and programs for youth and young adults in Alaska. The program consists of various statewide partners that provide current statistics, funding status, and opportunities for collaboration to help meet their goal. These partners each conduct research to find the most up-to-date approaches on relevant topics in order to ensure accurate information and practices are provided (DHSS, 2019c). The intent of this program is to collaborate with one another.

There are other programs besides these that SOA has implemented to help reduce the rates of UIP. However, the majority of the programs available to the target population require youth-first engagement as they are not permitted to market their programs and products in the classroom setting, like the ‘Healthy Empowered and Responsible Teens’ program does. With the various programs available to possibly pregnant, pregnant and/or parenting youth who require

them to seek out and sign up for available services, it can be difficult to know where to begin to find them.

Project Significance

Upon initial review of available online resources, there were no existing resource lists or guides specific to possibly pregnant, pregnant, and/or parenting youth aged 10 to 24 years old. This project focused on this specific target population to identify what resources were available for intervention and/or prevention of UIP. Further, this project identified resources needed to aid in the other disparities this population typically experiences.

Chapter 2: Background

It has been reported by the World Health Organization (WHO), in 2020, that adolescent pregnancy is a global problem, regardless of country income level. In developing regions alone, up to 21 million women aged 15-19 years become pregnant. In the same areas, girls under 15 years of age collectively give birth at least 777,000 times per year. Adolescents who become pregnant typically lead to unsuccessful completion of high school education, which in turn severely hinders their employability (WHO, 2020).

Adolescent pregnancy remains high in many countries, the highest rates of which are reported to be in the U.S., with 57 pregnancies per 1,000 females (Sedgh, Finer, Bankole, Eilers, & Singh, 2015). As of 2017, the birth rate for youth aged 15 to 19 years of age have decreased to 18.8 births per 1,000 women (Martin, Hamilton, Osterman, Driscoll & Drake, 2018). In 2017, 16.3% of births to women aged 15 - 19 years were repeat births to women who had already had one or more births (Office of Population Affairs [OPA], 2020). The U.S. has seen a recent decline in rates of unintended pregnancy, which composes up to 75% of all adolescent pregnancies in the U.S. (CDC, 2019b). In fact, the U.S. has seen a decline in rates of adolescent pregnancy consistently recording the lowest rates of adolescent birth rates every year since 2009 (OPA, 2020).

When compared to the rest of the U.S. and the District of Columbia in 2016, Alaska ranked as 12 out of 51, with 51 being representative of the lowest, for the rates of teen births for young adults aged 15-19 years old (OPA, 2019a). The rate of births to women aged 15-19 for Alaska during the 2016 ranking was 25.8 live births per 1,000 women, compared to the U.S. national rate of 20.3 live births per 1,000 women. As of 2017, the Alaskan rates of teen births for the same age group has decreased to 22.0 per 1,000 women who experience teen births,

compared to the U.S. national rate for 2017 of 18.8 per 1,000 women who experience teen births. As of 2017, Alaska has been placed in a tie for 15th place out of 51 measured areas of U.S. states/territories for teen births, with 51 being representative of the lowest amount (CDC, 2018b).

The American Indian (AI) and Alaska Native (AN) population is disproportionately affected by teen birth rates when compared to other ethnicities in Alaska. For women aged 15-19 years old, the teen birth rate was reported to be as high as 35.7 teen births per 1,000 births in 2018 (DHSS, 2019a). In 2016, among AN under the age of 20, there were 240 reported births, the highest number among any race/ethnicity overall (OPA, 2019a). In fact, the AI/AN populations have consistently been in the lead for teen birth rates, aged 15 to 19 years old, with rates of 35.1 births per 1,000 AI/AN women and 32.9 births per 1,000 AI/AN women for 2016 and 2017 when compared to any other race/ethnicity in the nation (CDC, 2019a). The teen birth rate in Alaska for 2018 is higher than the U.S. national rate of 17.4 births per 1,000 women from 15-19 years old, recorded to be 18.8 births per 1,000 women in the same age group.

Teen parents are less likely to earn a high school diploma, have limited educational attainment beyond high school education, reduced employment prospects, lower income levels and experience poorer outcomes for both psychological and physical health (Hahn & Truman, 2015). Women up to age 22 who gave birth were reported to have completed high school. Those who did not complete high school within this group had a 30% graduation rate from a General Education Development (GED) program. Among this same group of women, those who did not give birth had a high school graduation rate of 90%. Teenage boys who became fathers were reported to have up to a 30% lower graduation rate compared to teenage boys who were not fathers (Youth.gov, 2020a).

High school education is reported to be a critical social determinant of health as it provides important foundational skills for being healthy. This education provides an individual with the opportunity to care for their cognitive health through offering skills for self-awareness, reasoning abilities, as well as social and emotional interactions (Hahn & Truman, 2015). The National Institute on Aging (NIA) has found in 2020 that as education increases, so does the likelihood for better late-life cognitive functioning. Not only this, but the risk for dementia decreases as the level of education increases (National Institute on Aging [NIA], 2020). The impacts of education, beginning with completing a high school education, are found to have a positive association on the income-earning potential, educational and career goals of teen parents (Maemeko, Nkengbeza, Chokomosi, 2018).

Among teen mothers who graduate from high school, approximately 10% pursue higher education through a two- or four-year college program (Youth.gov, 2020a). These results are not due to a lack of motivation to reach for higher educational attainment. Young mothers largely view themselves as capable of completing and furthering their education (Duncan, 2011). Further, some young mothers have viewed motherhood as motivational and as an opportunity to return to school – seeing the experience as an opportunity to demonstrate stability and responsibility within their lives (Diaz & Fiel, 2016). However, it has been reported that the high rates of non-completion of high school are due to a lack of awareness of available resources for items such as mental health, childcare, financial supports, and transportation (Maemeko, Nkengbeza & Chokomosi, 2018). Without higher education, or high school education completion, employment and income prospects remain limited for young mothers compared to young women who are not mothers (Diaz & Fiel, 2016).

Wage and income are important indicators of health outcomes as they provide access to health-related resources such as food, housing, healthcare and safety. Higher wages and income levels are positively linked with increased educational attainment and are indicative of educational success the higher the income levels of a family are (Hahn & Truman, 2015). The U.S. Bureau Labor of Statistics has reported in 2019 that among full-time wage and salary workers who have less than a high school diploma, the average weekly earnings are approximately \$592. Those who earn a high school diploma have on average weekly earnings of \$746, approximately a \$200 increase. Individuals who have some college, but no degree, earn approximately \$833 per week. Those with an associate's degree are estimated to earn \$887 per week. Those with bachelor's degrees are estimated to earn approximately \$1,248 per week. Masters degrees holders are earning approximately \$1,497 per week. As the educational level increases, so too does the estimated weekly income (U.S. Bureau of Labor Statistics [U.S.BLS], 2019). The unemployment rate additionally decreases as education level increases. In 2019, for those who earned less than a high school diploma, there was a reported 5.4% unemployment rate. Those who had a high school diploma had a reported unemployment rate of 3.7%. An unemployment rate of 3.3%, 2.7%, 2.2%, and 2.0% were reported for those who had some college but no degree, an associate's degree, a bachelor's degree and a master's degree respectively (U.S.BLS 2019). As teen parents are less likely to finish their high school education than youth and young adults who do not become parents (Youth.gov, 2020a), they are especially at risk for low income and unemployment.

Parenthood in adolescence is associated with a variety of mental health problems, such as depression, suicidal thoughts and actions, and substance abuse. Up to 44% of teen mothers are reported to experience depression, more than twice the rate of their non-pregnant counterparts,

whose rates of depression are reportedly as high as 20% (Hodgkinson, Beers, Southammakosane, & Lewin, 2014).. Depression among young parents has been found to persist beyond the birth of a child, with a potential for an increase in depression rates up to 20 years after their child's first birth. (Hodgkinson, Beers, Southammakosane, & Lewin, 2014). Up to 30% of adolescent mothers who contemplate suicide complete suicide, whereas approximately 9% of all young adults aged 15-19 attempt suicide (Hodgkinson, Beers, Southammakosane, & Lewin, 2014). Suicidal ideation is a frequent occurrence with pregnancy, but death by suicidal acts are reportedly low (Gentile, 2011). Boys die by suicide approximately four times the rate as girls, although girls contemplate and attempt suicide twice as often as boys (KidsHealth.org, 2015). Young parenthood is additionally associated with an increased risk of substance abuse, with drug use among pregnant youth as high as 52%. Although rates of substance misuse are observed to decline throughout pregnancy, substance misuse typically will continue after birth (Hodgkinson, Beers, Southammakosane & Lewin, 2014)

Untreated psychological symptoms are known to have an effect on the physical body of teen mothers and their children, resulting in conditions such as pre-eclampsia, premature delivery, low fetal growth and perinatal issues (Gentile, 2011). Additionally, children of teen parents are more likely to grow up in households with less cognitive and emotional support (DHSS, 2019a). Further, young parents have been found to experience higher rates of IPV than older parents. Intimate partner violence typically results in the isolation of young parents, which places them at greater risk for physical and psychological trauma (Bekaert & SmithBattle, 2016). Typically, youth and young adults experience worsening violence with pregnancy (Bekaert & SmithBattle, 2016).

Youth seeking to avoid pregnancy tend to have barriers in education, gaps in knowledge of social services and misconceptions of reproductive health services available to them (WHO, 2020). There is additionally a clear barrier related to a lack of knowledge of resources for contraceptive tools and education on how to utilize contraception. Further, the lack of resource awareness for childcare, transportation, financial supports, and advocacy is an issue for adolescents who wish to prevent pregnancy throughout the world (WHO, 2020). By addressing the issue of unplanned teen pregnancy, this may help to alleviate issues Alaska currently experiences related to current rates of poor mental health, social supports, domestic violence, sexual assault, as well as the economic and educational status of Alaskans (Children's Bureau, 2019).

Research Gaps

It is unclear that if the lack of educational attainment and employment opportunities is the cause of adolescent and unintended pregnancy, or if unintended and adolescent pregnancy is the cause of the lack of educational attainment and lack of employment opportunities. There is further confusion on the true depth of the issue of adolescent and unintended pregnancy. Current statistics and reliable information are only widely available in developed countries, especially for historical data surrounding the issue (Sedgh et. al, 2015). Statistics related to adolescent and unintended pregnancy is not completely understood. The CDC is continuously working on providing data to identify at-risk groups for unintended and adolescent pregnancy as one of the goals to help prevent the public health problem (CDC, 2019b).

Community Partner

This project was conducted in partnership with Tikahtnu Tribal Alignment (TTA) (Appendix A), which is a federally funded grant program directed and run by the Cook Inlet

Tribal Council's (CITC) Youth Services (YS) in Anchorage, Alaska. This program focuses primarily on the specific needs and vulnerabilities of Alaska Native (AN) and American Indian (AI) youth aged 10 to 24 years of age who may be pregnant, are currently pregnant, or parenting. Although there is a preference for AN/AI youth, individuals of any ethnicity may receive services from TTA. The TTA offers case management and educational services to qualified participants within the Anchorage, Matanuska-Susitna (Mat-Su) Valley, and Eagle River service areas of Southcentral Alaska. CITC YS offers support to AN/AI youth aged 14 - 24 years old with developing leadership skills, gaining employment, and furthering educational opportunities (CITC, 2019b).

The services provided by TTA may include but is not limited to: internship and employment assistance, third party referrals, transportation assistance, educational supports, life skills workshops and classes, as well as peer support.

Chapter 3: Project Goal and Objectives

Project Goal:

The overall goal of this project was to improve public awareness and access to resources located in the Anchorage, Eagle River and Mat-Su Valley area for possibly pregnant, pregnant, and/or parenting youth from 10 years to 24 years old.

Project Objectives:

The four objectives this project was to address were the following:

1. Examine resources for agencies located in the Anchorage and Mat-Su Valley area that assist with; housing, safety, income, education, parenting, physical health, mental health, and employment.
2. Compile a comprehensive list of resources in the identified geographic area that assist with housing, safety, income, education, parenting, physical health, mental health, other health services, and employment.
3. Develop a resource guide of available services that are medically complete and accurate, as well as culturally and linguistically appropriate.
4. Establish partnerships with currently available social services to bridge the TTA project with organizations in the identified service area.

To address the above project objectives, the Health Belief Model (HBM) was utilized. The HBM poses that there are six areas in which health behavior may be predicted. The first of these is 'risk susceptibility', which is the person's own belief as to how susceptible they are to contract a certain disease or condition. The second area, risk severity, allows the person to consider just how serious they consider the contractible disease or condition to be to their own

person. The third area, benefits to action, is the area where a person would consider if taking a particular action would reduce their level of susceptibility or severity to the disease or condition. The fourth area, barriers to action, allows the person to consider the negative effects of the health action considered in the third area. The fifth area, self-efficacy, is the interest of the person to complete the behavior in step three regardless of the barriers in step four. The sixth area, cues to action takes into account all the different factors that might affect one's decision to engage in the behavior, such as environment. The cues to action may be internal or external, and may come from various sources (Jones et al., 2014). With the HBM, participants are aware of their possible conditions and are aware that they may be in need of interventions. Regardless of the intervention, it is up to the participant to reach out and request aid (Jones et al., 2015). The resource guide is intended to be utilized when participants believe they are in need of resources to aid in their current situations.

Chapter 4: Methods

Project Area, Populations and Sampling

This project focused on the population of possibly pregnant, pregnant, and/or parenting youth 10-24 years of age, residing in Anchorage, Mat-Su Valley, and/or Eagle River in Southcentral Alaska. As of 2018, the Anchorage and Mat-Su Valley region alone had a total of 401,108 residents, with 295,365 of which were Anchorage-based (Department of Labor and Workforce Development [DLWD], 2019a). In 2018, there were approximately 101,360 residents in the Municipality of Anchorage who were 24 years of age or younger. Of these residents, 60,371 were aged 10-24 years old (DLWD, 2019b). Of this age group, the largest populations were estimated as: 98,427 White, 37,766 Alaska Native and/or American Indian, 15,698 Asian, 13,374 Hispanic Origin (any race), 11,203 Black and/or African American, and 4,020 Native Hawaiian and/or Pacific Islander (DLWD, 2019c). A large proportion of Anchorage and Mat-Su Valley residents may be eligible for services through TTA.

Protection of Human Subjects

The investigator earned a Collaborative Institutional Training Initiative (CITI) Certificate, which demonstrates that education and training on ethical research practices had been completed in order to interact with human subjects (Appendix B). Though, no direct contact with the target population for this resource guide (youth) was required.

Identification and Review of Existing and Current Resources

Current available resources were searched for online using the Google search engine. Additionally, the investigator sought out resources previously known from the investigator's education and experience in the fields of social work and public health. The criteria for considerations as current resources were identified as those with the following:

- Resources found on websites that were updated and/or created during or after the year of 2015.
- Resources that included a verified address and up-to-date contact information.
- If the resource did not have its own website, the existence of the resource was validated through the Alaska 2-1-1 resource website found through the Google search engine. Also, current contact information had to be readily available.

The investigator reviewed and evaluated resources that were already available to the TTA.

Information Management

The information management plan included the use of Google Drive's secure spreadsheet application on the investigator's password protected Google account. This location was chosen in the event of any computer malfunction; the information would then be saved and accessed only by the investigator. A list of current resources, including contact information for each resource, was to be managed in this location. This location required a password, only known to the investigator, in order to access the investigator's Google account.

The Google Drive spreadsheet was then to be used to create a resource guide with the Google Drive document application that was organized to disseminate to TTA. The Google Drive spreadsheet was to be active until the investigator concluded the project. The Google Drive document application also is linked to the investigator's personal Google account, which requires a unique password that only known to the investigator in order to access.

The planned focus of the spreadsheet was to include only the service organization names and main office contact information, a description of the available resources, eligibility criteria for the resources, and any referral processes or applications that may exist.

Analysis

The investigator planned to review the information provided and organize the information according to the type(s) of services each resource provided to the community. The variables analyzed included: the resource name, the services provided, the age range the resource serves, the population the resource serves, capacity of service provisions per participant, the referral process for each resource, and the eligibility criteria to enroll in services. Each of these were then to be added to the Google Drive document, the finished product of which was intended to be the resource guide.

The Google Drive document, the finished product of which is the resource guide, was organized according to the different categories of service that CITC's TTA had identified as their focus. These categories included: obstetric care, childbirth classes, reproductive care, breastfeeding skills and resources, health insurance enrollment and supports, primary health care, nutritional counseling and services, mental and behavioral health, violence prevention and intervention services, substance abuse prevention and counseling, evidence-based sexuality education, dental hygiene/oral health, and other health services.

The resource guide was initially reviewed by two individuals. The first person was the practicum site supervisor and the second person was the committee chair of the practicum and project. Both offered suggestions for formatting, language, and other resources that may be of value to the guide that the investigator used to update the guide.

Chapter 5: Results

The project results are described as they relate to the four outlined objectives.

Project Objective 1: Examine resources for agencies located in the Anchorage and Mat-Su Valley area that assist with: housing, safety, income, education, parenting, physical health, mental health, employment, and other health services.

A total of 165 resources were reviewed and of these resources, 158 were selected for the resource guide. Seven of the resources excluded were determined to be ineligible; four did not serve the target population, two did not serve within the service area, and one did not have a current location or updated contact information.

The resource information was managed strictly through the Google Drive document feature, which is the resource guide itself. The types of information collected remained as planned, except that names and personal contact information were not recorded in any manner or location.

Project Objective 2: Compile a comprehensive list of resources in the identified area that assist with; housing, safety, income, education, parenting, physical health, mental health, other health services, and employment.

In total, there were 19 categories of resources. There were a myriad of services resulting in a need for 'Other Health Services' (OHS) to be restructured. These restructured areas included: crisis services, childcare, clothing, disability services, emergency financial assistance, emergency housing/shelters, employment, education and job training, and food and nutrition. Other categories of resources within the guide not related to OHS included: breastfeeding, childcare, health insurance, mental and behavioral health, obstetrics, oral health, primary

healthcare, reproductive care, sex education, substance abuse prevention and counseling, violence prevention and intervention. (Table 1)

Table 1: Resource Guide Categories With Their Respective Number of Resources

Eligible Resources - Category Name	Number of Resources
Breastfeeding	10
Childcare	10
Health Insurance	7
Mental and Behavioral Health	19
Obstetrics	6
Oral Health	5
OHS - Crisis Services	18
OHS - Childcare	12
OHS - Clothing	9
OHS - Disability Services	14
OHS - Emergency Financial Assistance	12
OHS - Emergency Housing/Shelters	14
OHS - Employment, Education and Job Training	31
OHS - Food and Nutrition	15
Primary Healthcare	6
Reproductive Care	10
Sex Education	6
Substance Abuse Prevention and Counseling	22
Violence Prevention and Intervention	17

Each category had a minimum of 5 resources. The maximum number of resources found for any category was 31 for ‘employment, education and job training’. The least number of resources for a category was a total of 5, for ‘oral health’. Only one resource was found to be out-of-date, with no contact information, location, or website. There were 6 other resources that were ineligible to place within the guide as they did not apply to the target population and/or the service area.

The resource guide was pretested with two different age groups. The first consisted of 5 members, over the age of 25 years old, who work directly with youth at risk for UIP. The second consisted of 4 youth members aged 10-24 years old. All participating members of both groups were identified and recruited by the investigator from the investigator’s professional circle in the social services field as well as social circles. Utilizing a 4-question questionnaire, the pretest asked each member the following questions in order: 1) How easy was the guide to read? 2) How easy was the guide to understand?, 3) How easy was the guide to use?, and 4) How often would you use the guide in your personal and/or professional lives? The options for the responses to questions 1-3 included: very poor, poor, fair, good, and excellent. Question 4 response options included: never, not very often, very often, and always. Pretest responses for questions 1-3 overall indicated that both age groups rated the readability, ease of understanding, and ease of use of the guide positively (Figure 1).

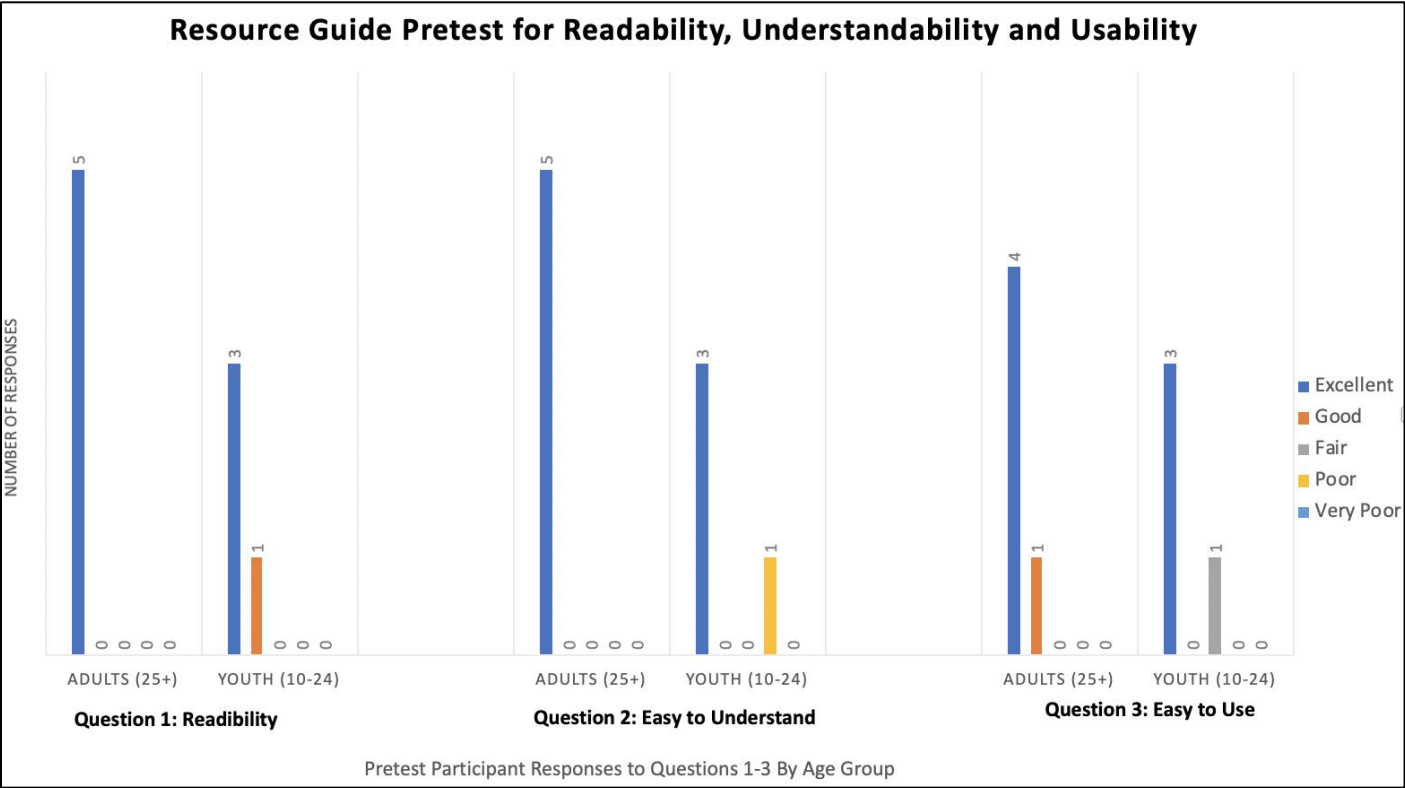


Figure 1: Resource Guide Pretest for Readability, Understandability, and Usability

Pretest responses for question 4 ‘How often would you use the guide in your personal and/or professional lives?’ indicate that the youth age group is more likely than the adult age group to utilize the guide. The youth age group was the only group to mark that they would ‘always’ use the guide. The majority of the adult age group indicated that they would use the guide ‘often’. Neither age group stated that they would ‘never’ use the guide (Figure 2).

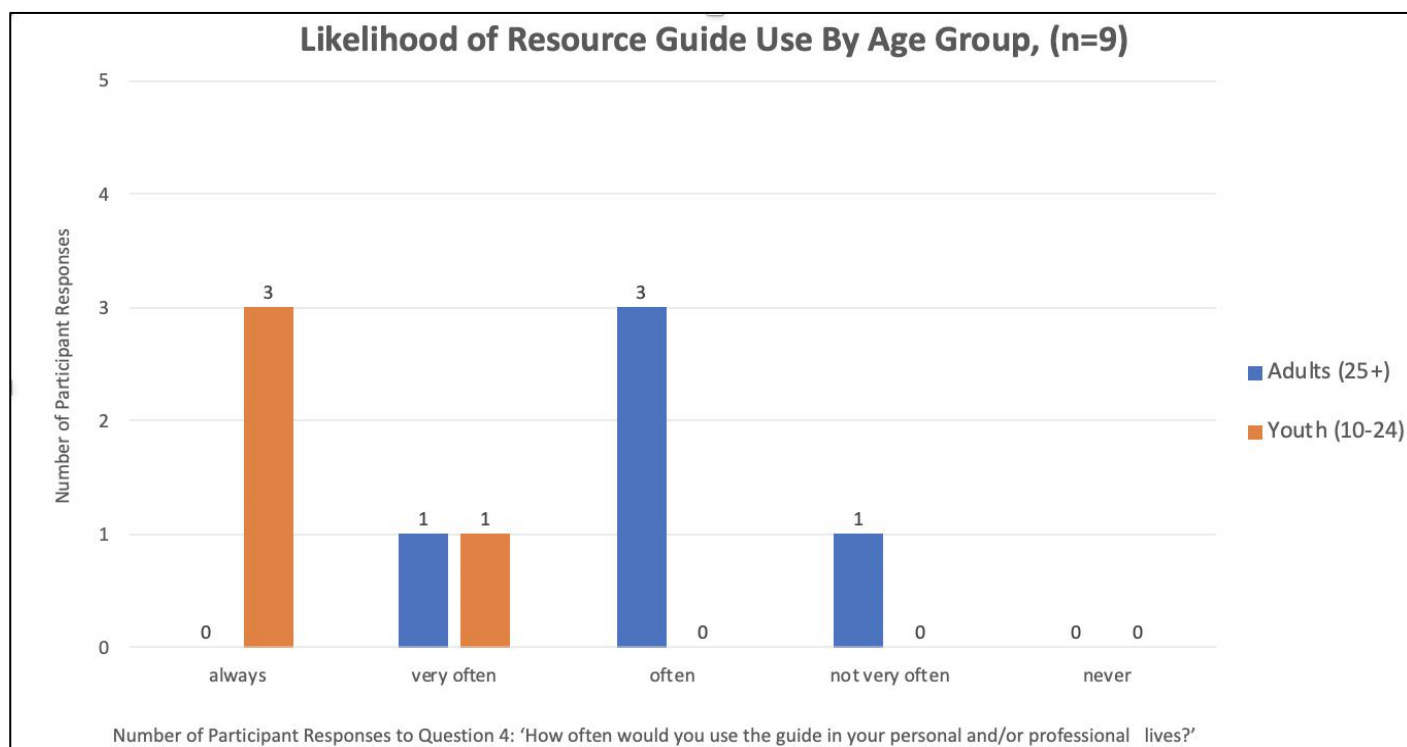


Figure 2: Likelihood of Resource Guide Use, By Age Group

Project Objective 3: Develop a resource guide of available services that are medically complete and accurate, as well as culturally and linguistically appropriate.

A resource guide was developed by the investigator (Appendix C). The resource guide was a total of 35 pages, from cover to end. In the resource, 158 resources were listed, organized into their respective categories of service. Each resource title was hyperlinked to the resource's webpage. A copy and paste option to find the any resource website was made available in the index, where the resource's website link(s) were listed alongside the resource title. Direct contact information for each resource's main office was provided in the guide for each resource. If a listed resource did not have a webpage, it was indicated that a website was unavailable.

Each resource then had a brief description of services offered, in lay language, located below the title. Scientific jargon was not used in the resource guide, medical or otherwise, was

not used in the guide. Resources with an AN/AI client preference were included in the guide, offering culturally relevant services to the population. Medically complete and accurate resources, where applicable, were determined to be so if they stated that they were on the website and/or offered evidence-based services that could be cross-checked as needed through Google search of evidence-based journals available online to back up claims. Medical resources were often linked to hospitals and clinics.

Further, the resource guide has a footer on every page that has the version date in which the resource guide was last updated. At the end of every category a 'Back to Top' link is incorporated that will bring the user back to the 'Table of Contents'. A brief 'How to Use This Guide' section was provided in the 'Acknowledgement' page of the resource guide. A notice was also provided for people with limited English proficiency, where they are encouraged to contact TTA either in person or over the phone for more information. Reading level was not assessed, although the guide's readability among youth in the target population was measured to be 'excellent' for 3 youth and 'good' for 1 youth in the pretest.

Project Objective 4: Establish partnerships with currently available social services to bridge the TTA project with organizations in the identified service area.

The resource guide (Appendix C) contains 158 different agencies referenced throughout its contents, complete with a description of the agency, current contact information and website information when available. If an agency served outside of the Anchorage service area, it was indicated next to the contact information. An extensive list of these agencies with their respective website links are listed in alphabetical order from pages 28-34 of the resource guide. Out of the 158 agencies listed, 17 serve participants outside of the Anchorage area to include Wasilla, Big Lake, Palmer and the Mat-Su Valley. The resource guide - which includes this extensive list of

agencies with their respective contact information, web links for more information, brief description of services, and service area - was provided to the CITC TTA.

Chapter 6: Discussion

Reviewing the statistics and literature of UIP among youth confirms the need to offer assistance and support in an effective manner. While there are resources and programs available for social services, public health, and education professionals to engage in, there are limited programs available to youth at risk for UIP to directly engage in. A resource guide for possibly pregnant, pregnant, and/or parenting youth is a solution that empowers youth to engage in resources truly relevant to their situation.

With the number of resources found, the investigator needed to increase the number of categories from the expected 9 to the end result of 19. The majority of categories created relate to the effects stemming from a lack of high school education. This may be so as education level impacts many other aspects of health and wellness (CDC, 2019c).

Young parents attributed their high school non-completion due to a lack of childcare, clothing, food, financial assistance, housing, and increased social stigma (Duncan, 2011). These areas were not originally separate categories for the guide, but a large number of resources were found for each of these areas. This led to the need for a further breakdown of the OHS category to include these areas. The number of resources existing for these areas may be an effort from the community to better support youth at risk for UIP in obtaining a high school education.

The lack of awareness of relevant resources and a feeling of being lost and unsupported in the new journey of parenthood drives young parents to drop out of high school without plans to finish their high school education (Ngum Chi Watts, Liamputtong & Mcmichael, 2015). As mentioned in prior sections, this has deep negative impacts in many areas that contribute to health and wellness, and even contributes to the cycle of UIP among youth itself. Also previously discussed, youth who experience UIP tend to have lower education levels, lower rates

of higher educational attainment beyond high school, higher unemployment rates, less employment prospects and lower wages (Hahn & Truman, 2015). With this information, it is unsurprising that the category ‘Education, Employment, and Job Training’ had the most readily available resources, resulting to be the largest category in the guide with 31 resources.

Substance misuse affects up to 52% of youth at risk for UIP, and continues well into parenthood after birth (Hodgkinson, Beers, Southammakosane & Lewin, 2014). Due to the severity of the public health issue that substance misuse is, and its effect on all other aspects of health and wellness (National Institute of Mental Health [NIH], 2016), there are many readily available programs for youth in this area. The category of ‘Substance Abuse Prevention and Counseling’ had 22 resources and is the second-highest category in the resource guide. This category is closely tied with ‘Mental Health and Behavioral Health’, as substance misuse has been categorized as a mental health issue (NIH, 2016). This category has the third-highest number of resources found at 19. Although substance misuse is considered a mental and behavioral health issue, it needed its own category for the guide as the number of resources found for this area exceeded the total number of resources for mental and behavioral health.

Employment and income, substance misuse, and mental health are among the top 25 leading priorities for Healthy Alaskans 2020 (DHSS, 2019b). These three areas can be attributed to 7 of these 25 leading priorities, highlighting the importance of addressing them. This may be ultimately the reason why these three areas have more readily available resources than the other 16 categories. The category of ‘Oral Health’, which has the fewest number of resources at 5 total, is only listed as one of the leading 25 health priorities for Healthy Alaskans 2020. This leading health priority is only attributed to the fluoridation of community water systems (DHSS, 2019b). Due to the narrow focus of this leading health priority, it is likely the community does

not view oral health as a public health concern. Thus, it is unsurprising that there are so few resources for providing oral health services to the community.

The resource guide was created with a multigenerational mindset. The resource guide is available for use on paper, as well as electronic. Social services and public health professionals are able to print copies to hand out, or simply email the resources along to interested participants. Directions on how to use the guide have been included. Lay language was used throughout the guide for participants and professionals alike to be able to understand the description of services available. Further, the investigator included a date of the last update to the guide on every page aside from the cover page in order to provide an indication to the accuracy of the guide to avoid using aged versions.

Chapter 7: Public Health Implications

Unintended pregnancy in adolescence is a cyclic public health issue associated with long-term issues for the parents, children, and society itself (WHO, 2020). The risk of death related to pregnancy is much higher among those aged 15-19 years compared to those aged 20-24 years, as the former age group is much more likely to experience issues such as obstructed labor, premature delivery, and post-labor complications than the latter age group (Sedgh et al, 2015). Also, high school completion and further educational attainment have been shown to directly affect the overall health and wellness for youth at risk for UIP (Hahn & Truman, 2015). However, youth at risk for UIP are significantly affected by non-completion of high school education. High school non-completion among youth at risk for UIP is attributed to the lack of knowledge for resources catered to the target population (Duncan, 2011). With a graduation rate of 78.2% in Alaska (Department of Education and Early Development [DEED], 2011), and no complete list of resources specific to youth at risk of UIP, this project offers an important solution to a clear problem. By offering a complete and current resource guide to students and professionals alike, youth at risk for UIP may be able to be connected to agencies that will assist in needed areas such as childcare, education, employment, and counseling.

This project created an avenue to provide information and relevant resources to possibly pregnant, pregnant, and parenting teens throughout the Southcentral region. Upon review of resources and resource guides from different organizations, this guide was found to be the first of its kind for the Anchorage, Eagle River, and Mat-Su Valley areas. This is a significant contribution for public health and social services programs, as this work potentially paves the way for other similar works to be made. Providing access to resources and current information is key to be able to assist in the cause against UIP (CDC, 2019b).

Chapter 8: Strengths and Limitations

The greatest strength of this project is that the developed resource guide is comprehensive and easy to use from a client standpoint. The project was designed to be used in different formats - a paper version and an electronic one. With the paper format, participants are able to locate their resources and correlating web links at the end of the page, without the web links taking too much space throughout the resource guide. In the electronic format, participants can skip to a section immediately, return to the table of contents, field search, and find the web links immediately available to the respective resource.

Another strength of this project is that it will be relatively simple to add, update, or remove resources as these change over time. It is clear when looking at the resource guide when it was last updated, so timely reviews can be conducted. Ensuring clients have the most up-to-date information can now be easily achieved at a time when most appropriate and convenient for TTA. Additionally, another strength was that this resource guide was inexpensive to create. No costs were incurred or funds required on behalf of the project by the investigator or by TTA.

The HBM offered strengths and limitations in the creation of this project. Overall, the HBM allows participants to be empowered and take charge of their own health and needs. However, using the HBM does pose the question of how to engage youth at risk for UIP into realizing that they need assistance. The HBM's greatest limitation is that it requires participant engagement in order to be utilized in the first place.

Chapter 9: Conclusion and Recommendation

Conclusion

There is a clear and unmet need for possibly pregnant, pregnant, and parenting youth that lies in a lack of awareness of relevant resources among the target population. This lack of awareness drastically affects these youth by influencing them to not complete their high school education, and thereby causing a domino effect that affects health and wellness in all aspects of their and their children's lives. By not knowing who to turn to for childcare, transportation, housing, financial assistance, social supports, etc. youth and young adults at risk for UIP have come to feel abandoned and at a loss as to what to do. The lack of awareness of resources contributes to these youth and their children to remain in the cyclic nature of UIP. Although these youth have identified this as a main barrier to completing their high school education, the need for a document of resources has remained unmet in Southcentral Alaska. Through offering a complete, current, youth-centered resource guide, this need can be addressed. Also, by offering this resource guide, youth at risk for UIP may be empowered to take their future into their own hands and engage in resources that will assist with their unique needs. Further, social work and public health services are offered a great opportunity to collaborate with the goal of providing comprehensive services to Alaskan youth. This collaboration may look like CITC TTA reaching out to the social and public health services within the guide, or the participant engaging with multiple services at one time. However, there is yet more opportunity for further collaboration by these agencies to better the potential for holistic care services to the target population.

Recommendation

Upon completion of the project, the investigator has one recommendation to offer social service agencies and public health programs:

Agency and program websites should contain an accurate list of resources they recommend for further assistance.

The numbers of social services and public health programs are very high, proven by the completed resource guide provided by the investigator. However, the level of interprofessional support for other agencies within the reviewed websites was very low. The need for holistic, comprehensive care is very high in the social services and public health fields. By taking the initiative to show collaboration, offer support and provide referrals for one another's agencies, this holistic and comprehensive care may be achieved while increasing engagement by the target population in these resources. The general population within Southcentral Alaska will additionally be better supported and informed if a brief set of resources recommended for further assistance were to be listed on each of the organization's websites.

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Appendices

Appendix A: Letter of Support from Community Partner Agency



ph.
907 793.3600
fx.
907 793.3602
web.
CITCI.org

September 11, 2019

Hannah Warren
4340 Northwood Dr #1
Anchorage, AK 99517

Dear Hannah,

We are pleased to support you in your practicum working with Krystal Kompkoff in ETSD assisting with coordinating outreach and resource events focusing on wellness and cultural events.

This letter serves as notification and acknowledgement that this time will be unpaid and volunteered in coordination with your practicum and should be completed on weekends and evenings. If you agree to this status, please sign below as acknowledgement.

If you have any questions, please contact me, Kristan Hillstrom, at 907-229-0842 or khillstrom@citci.org.

Sincerely,

Kristan Hillstrom
HR Generalist, Cook Inlet Tribal Council, Inc.

Cc: Personnel File

I acknowledge that my time working on tasks related to my practicum are considered volunteer hours and will occur on evenings and weekends.

Hannah Warren

September 11, 2019

Name

Date

Appendix B: CITI Certificate for Human Subjects Research



Completion Date 31-Aug-2019

Expiration Date 30-Aug-2022

Record ID 19850138

This is to certify that:

Hannah Warren

Has completed the following CITI Program course:

Basic/Refresher Course in Human Subjects Research (Curriculum Group)

IRB Reference Resource.

(Course Learner Group)

1 - Basic Course

(Stage)

Under requirements set by:

University of Alaska Anchorage



Verify at www.citiprogram.org/verify/?w415ae164-e404-4d9e-ad88-a9e5f6c244aa-19850138

Appendix C: Resource Guide

2020 - 2021 Anchorage, Eagle River, Mat-Su Valley

RESOURCE GUIDE

A complete resource guide designed to assist young parents identify and utilize the human services available in Anchorage, Eagle River, and the Mat-Su Valley

Cook Inlet Tribal Council - Youth Services: Tikahtnu Tribal Alignment
University of Alaska Anchorage Division of Population Health Sciences



Acknowledgement

This document was created in partnership between the Cook Inlet Tribal Council (CITC) Youth Services Tikahtnu Tribal Alignment (TTA) program and the University of Alaska Anchorage (UAA) College of Health. This document was created by Hannah Warren, a UAA Master of Public Health (MPH) in Public Health Practice candidate, as part of the requirements for the MPH Program and for to be used by the CITC TTA Program.

Corrections, broken links, invalid information, requests to add information, and authorization to reproduce this document in whole or in part should be forwarded to the content contact, listed below:

Content Contact

Cook Inlet Tribal Council – Youth Services

Phone: 907-793-3114

Email: youthemployment@citci.org

Address: 3600 San Jeronimo Drive, Anchorage, AK 99508

Notice to People with Limited English Proficient

For people who may have limited proficiency in English, in speaking or in reading, Language Assistance Services may be available upon request. Please contact Cook Inlet Tribal Council – Youth Services at the above contact information for more information.

How to Use This Guide

This guide may be used in a digital fashion. Web links are located within each resource title. To access the website for any resource, click on the resource title, and then click on the web link that is associated with it. Web links available for copying and pasting into the browser are located in the ‘Index’ section.

To locate resources in a quicker manner, utilize the search field on your computer by hitting ‘control’ and ‘F’ at the same time. Then, enter your search key with the search bar provided.

Lastly, please find in the Table of Contents and observe that you are able to immediately skip to a desired section. Below each section is a ‘Back to Top’ field that will bring you back to the Table of Contents when selected.

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Breastfeeding

Note: Nursing mothers are allowed to nurse or express milk as needed, and should be accommodated at work to a private place, other than a restroom, to do so. For more info: <http://dhss.alaska.gov/pages/breastfeeding.aspx>

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Breastfeeding Coalition</u> Provides educational material, resources, and advocacy to parents and professionals. No fee. Anchorage-based, no address available. Visit site for contact.	N/A
<u>Alaska Breastfeeding Community</u> Supports local parents and advocates to bring awareness to breastfeeding throughout Alaska. Must have a need for breastfeeding support. Must have a Facebook profile.	N/A
<u>Alaska Regional Hospital</u> Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.	907.276.1131
<u>Geneva Woods Birth Center</u> Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.	907.561.2626
<u>Midwifery & Women's Healthcare</u> Offers a variety of classes from pre to postnatal care. Class fees vary. Provides prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women's wellness, counseling, and massage therapy. Insurance preferred.	907.561.5152
<u>Parenting with Providence</u> Pre to postnatal classes for mothers and fathers. Monthly breastfeeding classes. Breastfeeding questions hotline. Online class registration with schedule. Fees vary, insurance preferred. Eligibility varies from class to class.	907.212.2574
<u>Providence Alaska Medical Center - Outpatient Lactation Clinic</u> Board-certified lactation consultants trained to assess baby, evaluate feedings and provide information to parents. Provides monthly breastfeeding classes. Insurance preferred.	907.212.2574
<u>Women's Boutique</u> Offers expert resources, support and hard-to-find items related to breastfeeding.	907.212.5886
<u>Women, Infants, and Children Program (WIC)</u> Public health program providing nutrition and breastfeeding education, counseling, support, nutritious foods and referrals to needed services. Must live in Alaska, have a nutritional need, and meet low-income guidelines.	Find the clinic closest to your location: http://signupwic.com/

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Childbirth

<p><u>211 Alaska</u></p> <p>Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><u>Alaska Native Medical Center (ANMC)</u></p> <p>Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: https://anmc.org/patients-visitors/eligibility/</p>	<p>Obstetrics 907.729.3100</p> <p>Labor/Delivery 907.729.3200</p>
<p><u>Alaska Regional Hospital</u></p> <p>Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.</p>	907.276.1131
<p><u>Anchorage Women's Clinic</u></p> <p>Reproductive, nutritional, mental, and obstetric health care. Health education classes offered in Anchorage related to fields of obstetrics, gynecology, fertility, and nutrition. Accepts Medicaid. Insurance preferred.</p>	907.561.7111
<p><u>Alaska Women's Health</u></p> <p>Offers a full range of obstetrics and gynecology services. Partners with Providence Medical Center Alaska and Alaska Regional Hospital on an as-needed basis for emergent and inpatient care. Accepts Medicaid/Medicare. Insurance preferred.</p>	907.563.5151 or 907.563.7228
<p><u>Geneva Woods Birth Center</u></p> <p>Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.</p>	907.561.2626
<p><u>Mat-Su Regional Medical Center - Family Birthing Center</u></p> <p>Primary care center based in the Mat-Su Valley. Offers a Family Birthing Center, childbirth education classes to parents, lactation consulting, prenatal, birthing, and post-natal care. Insurance preferred but not required. Adjustable rates available.</p>	907.861.6000
<p><u>Midwifery & Women's Healthcare</u></p> <p>Classes related to childbirth, C-section, labor support, prenatal, postnatal, and breastfeeding topics. Fees vary. Prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women's wellness, counseling, massage therapy.</p>	907.561.5152
<p><u>Providence Alaska Medical Center</u></p> <p>Emergency, preventative, behavioral, and primary care. Emergency behavioral health assessments in high-need cases. Accepts Medicaid and Medicare. Insurance preferred.</p>	907.562.2211

<u>Providence Med Office Building (Mat-Su)</u> Emergency, preventative, behavioral, obstetric, primary health care.	907.761.5900
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Health Insurance

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Rx</u> Statewide assistance for uninsured individuals to afford generic and/or brand medications. Must visit site to acquire coupon card. Participating pharmacies only.	800.380.6369
<u>Anchorage Project Access</u> Access to doctors and dentists who donate health care treatment for low income and/or uninsured individuals. Verified low income and picture ID required. Transportation assistance may be available. Anchorage only, but outside locations, such as Mat-Su, may be considered on a case-by-case basis.	907.743.6600
<u>FamilyWise Community Service Partnership</u> Prescription medication discount card for children, families, and individuals. Visit site for more information.	800.222.2818
<u>Healthcare.Gov</u> Assists with finding affordable healthcare insurance coverage.	800.318.2596
<u>State of Alaska - Denali KidCare</u> Health insurance for pregnant women, and children aged 0 - 18 verified low-income. Issued for 12 months at a time, with option to renew. Apply online through healthcare.gov or through online/paper application, available at any Public Assistance office.	907.269.6599
<u>State of Alaska - Medicaid</u> Health insurance coverage for Alaskans who are verified low-income. Apply online through healthcare.gov or through online state website. Paper application available at any Public Assistance office.	Gambell 907.269.6599 Muldoon 907.269.0001 Wasilla 907.376.3903

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Mental and Behavioral Health

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Abused Women's Aid In Crisis (AWAIC)</u> Domestic violence/sexual assault/stalking support. Group classes related to DV/SA/ST topics for enrolled clients. Individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Secure housing for pets. Must be 18+ years and/or accompanied by parent/legal guardian.	Business 907.279.9581 24/7 Crisis Line 907.272.0100
<u>Adult Children of Alcoholics</u> Twelve step program for adults who grew up in dysfunctional homes. Provides meetings to share experience of growing up in a traumatic environment, offer advice and emotional support. Meetings available in Anchorage.	National Line 310.534.1815 Local numbers vary
<u>Alaska Brain Injury Network</u> Education and advocacy for comprehensive services for TBI survivors, families, and caregivers. Offers support groups.	907.274.2824
<u>Alaska Breastfeeding Coalition</u> Provides educational material, resources, and advocacy to parents and professionals. No fee. Anchorage-based, no address available. Visit site for contact.	N/A
<u>Alaska CARES</u> Assists children who have experienced abuse/trauma. Offers victim advocacy, law enforcement, child protection, tribal health, forensic medicine, and mental health professional support.	907.561.8301
<u>Alaska Psychiatric Institute (API)</u> Emergency and court-ordered inpatient psychiatric services.	907.269.7100
<u>Alaska Youth and Family Network</u> Advocacy, education and support for families of children/youth with emotional/behavioral/substance abuse challenges. Educates families and caregivers to navigate and manage relevant services. Peer counseling, parenting classes, youth and adult support groups available. Dinner served at support groups.	Anchorage 907.770.4979 Wasilla 907.631.3485
<u>Anchorage Community Mental Health Services (ACMHS)</u> Serves children and adults who experience a wide range of mental health issues, any age.	907.371.1300

<p><u>Celebrate Recovery</u></p> <p>Twelve-step recovery program for those struggling with hurt, pain, or addiction. Locations available in Anchorage and Mat-Su Valley. Visit this link for locations and contact information: https://www.celebraterecovery.com/crgroups</p>	N/A
<p><u>Center for Loss in Multiple Birth (CLIMB)</u></p> <p>Anchorage-based worldwide community support group providing emotional support for others who have experienced the loss of one or more twins and/or higher multiples. Must have experienced the loss of one or more children in a group of twins or higher.</p>	N/A
<p><u>Crisis Text Line</u></p> <p>24/7 free crisis support available via text message. Text 'HOME' to 741-741.</p>	741-741 Text 'HOME'
<p><u>Covenant House Alaska</u></p> <p>Emergency shelter services to homeless and runaway youth. Assists youth in building skills necessary for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter available to 21 years old and under. Offers transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255
<p><u>Ernie Turner Center - Cook Inlet Tribal Council</u></p> <p>Inpatient residential substance abuse treatment program. Serves all individuals with addictions and/or mental health disorders. Stays are up to 6 months. Offers mental health and substance-abuse counseling, group therapy, and case management services.</p>	907.688.1750
<p><u>Mat-Su Health Services, Inc.</u></p> <p>Full range of behavioral health care for children, adolescents, and adults. Individual, family, group therapy offered. Psychiatric evaluation and medication management and referrals to rehabilitative services. Rehab program provides community support to children and adults for chronic mental illness/severe emotional disturbances. Insurance preferred but not required. Inability to pay will not hinder services. Adjustable rates.</p>	<p>Big Lake 907.376.2411</p> <p>Wasilla 907.376.2411</p>
<p><u>National Alliance on Mental Illness (NAMI)</u></p> <p>Provides advocacy, education, support and public awareness for individuals and families affected by mental illness. NAMI HelpLine is a free, nationwide service providing information, resource referrals and support to people living with mental health conditions as well as their family members and caregivers. Local NAMIs found on site.</p>	<p>National 703.524.6264</p> <p>HelpLine 800.950.6264</p>
<p><u>National Suicide Prevention Lifeline</u></p> <p>24/7 toll-free, confidential crisis line for those experiencing a crisis, whether they are considering suicide or not.</p>	800.273.8255

<u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u> Substance use and mental disorder information, services, and research. National helpline provides free, confidential 24/7 treatment referral and information services for individuals and families facing mental and/or substance use disorders.	Business 877.726.4727 National Line 800.662.4357
<u>Women's Boutique - Family Support Counseling</u> Short-term outpatient care for emotional issues related to pregnancy, childbirth and parenting. Assessment, treatment or help with mood, anxiety, relationship/social issues, trauma, adjustment, grief/stress. Insurance preferred.	907.212.5886

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Obstetrics

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Native Medical Center (ANMC)</u> Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: https://anmc.org/patients-visitors/eligibility/	Obstetrics 907.729.3100 Labor/Delivery 907.729.3200
<u>Alaska Regional Hospital</u> Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.	907.276.1131
<u>Anchorage Neighborhood Health Center (ANHC)</u> Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program includes health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.	907.743.7200
<u>Community Pregnancy Center</u> Pregnancy testing and verification up to 13 weeks. Pregnancy option counseling, post-abortion support and limited STD testing and referrals to treatment.	907.337.9292
<u>Planned Parenthood</u> Medically accurate and comprehensive sex education. Conforms to local/state policies/laws on sexual health education.	800.769.0045

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Oral Health

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Dental Society</u> Resource bank for dentists. Referrals, dental care payment assistance may be available.	907.563.3003
<u>Anchorage Neighborhood Health Center (ANHC)</u> Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC M-F.	907.743.7200
<u>Dental Services - Southcentral Foundation (SCF)</u> ANMC location - pediatric dental care, dental emergency care, and dental surgery. Fireweed building - adult dental care. Both locations: Exams, cleanings, fillings, and dental surgery. Further services available for a fee. Must meet ANMC eligibility for services.	Anchorage 907.729.2000 Wasilla 907.631.7690
<u>Mat-Su Health Services, Inc.</u> Wide range of services related to dentistry for children/adults. Adjustable rates available. Insurance preferred but not required.	Big Lake + Wasilla 907.376.2411

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OHS - Crisis Services

Services available 24/7/365 in crisis situations. In an emergency, refer to 911 services.

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
311 Alaska: (Website unavailable) Allows Anchorage residents to access city services, including the Anchorage Police Department's non-emergency line.	3-1-1
<u>Abused Women's Aid In Crisis (AWAIC)</u> Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Hosts group education classes related to DV/SA/ST topics for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, relocation, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ years of age and/or accompanied by parent/legal guardian.	Business 907.279.9581 24/7 Crisis Line 907.272.0100

Alaska Native Medical Center (ANMC) Emergency services available. Cares for expectant/new mothers and their babies. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: https://anmc.org/patients-visitors/eligibility/	Emergency Room 907.729.1729 Labor/Delivery 907.729.3200
Alaska Poison Control System 24/7 poison, magnets, and other materials hotline for Alaska. Referrals to local doctors/hospitals for poisoning problem assistance.	800.222.1222
Alaska Psychiatric Institute (API) Emergency and court-ordered inpatient psychiatric services.	907.269.7100
Alaska Regional Hospital Emergency services available. Pre to postnatal care, labor and delivery services.	907.276.1131
Anchorage Police Department (APD) Offers emergency and non-emergency services. Assists with domestic violence protective order referrals and enforcement.	9-1-1 OR 3-1-1 OR 907.786.8900
Beacon Hill Judgement-free, safe support for children and parenting teens needing emergency housing support. When faced with crisis, this is a resource for parents to turn to in order to surrender their children into a safe home while maintaining full custody (not surrendering their children to the adoption/foster care system). Volunteers are highly screened. Parents can return for their children at any time. Hosting may vary from a few days to several months. Children aged birth - 18 and parenting teens may be hosted.	907.222.0925
Careline Alaska: (Website unavailable) 24/7 free crisis support/intervention/referral line. Mobile app available.	877.266.4357
Catholic Social Services Provides housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability services.	907.222.7300
Crisis Text Line 24/7 free crisis support available via text message. Text 'HOME1' to 741-741.	741-741 Text 'HOME'
Mat-Su Health Services, Inc. Emergency services available. Inability to pay does not deny services for emergencies.	Emergency Room 907.861.6620
National Domestic Violence Hotline Free, confidential resource for victims/survivors of domestic violence. Online chat available. Available 24/7.	800.799.7233

<u>National Sexual Assault Hotline</u> Free, confidential resource for victims/survivors of sexual assault. Online chat available.	800.656.4673
<u>National Suicide Prevention Lifeline</u> 24/7 toll-free, confidential crisis line for those experiencing a crisis, whether they are considering suicide or not.	800.273.8255
<u>Providence Alaska Medical Center</u> Emergency, preventative, behavioral, and primary care. Emergency behavioral health assessments in high-need cases. Accepts Medicaid and Medicare. Insurance preferred.	907.562.2211
<u>Standing Together Against Rape (STAR)</u> Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Hosts group education classes and trainings related to SA/ST/DV. Case management, counseling services, emergency shelter referrals to outside partners, legal support, group education classes, and advocacy. 18+ years of age and/or accompanied by parent/legal guardian.	Business 907.276.7279 24/7 Crisis: 907.276.7273 State Crisis: 800.478.8999

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OHS - Childcare

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Literacy Program (ALP)</u> Adult basic education (ABE) and English as a second language (ESL) classes offered. Preschool services for children (aged 3-5) of parents who are enrolled in classes at ALP. Must be aged 16 years or older and no longer in school. Class times vary.	907-337-1981
<u>Alaska Temporary Assistance Program (ATAP)</u> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, clothing, childcare and educational assistance.	Gambell 907.269.6599 Muldoon 907.269.0001 Mat-Su 907.376.3903
<u>Child Care Assistance - Cook Inlet Tribal Council (CITC)</u> Financial assistance to Alaska Native/American Indian families undergoing employment, training, and/or education in need of daycare services for children under 13 years. Offers childcare drop-in center for parents who have appointments at CITC.	907.793.3207 OR 907.793.3406

<p><u>Clare Swan Early Learning Center</u></p> <p>Childcare center open to children aged 6 weeks - 3 years of age. Program options available: extended day classrooms, seven-hour classrooms with varying times, and a Yup'ik Immersion program. Early Head Start curriculum utilized in the program. Provides child development information for families. Performs child development and growth assessments. Encourages family involvement in child's education. Applications available online or in person. Income and Native descent requirements apply.</p>	907.793.3626
<p><u>Cook Inlet Native Head Start</u></p> <p>Early childhood education in support for the physical, intellectual, and social development of preschool children. Part day and full day classes available. Children must be Alaska Native/Native American, 6 months-5 years old.</p>	907-433-1600
<p><u>Family Outreach Center for Understanding Special Needs (FOCUS)</u></p> <p>Preschool program for children aged 3-5. Specializes in working with children with behavioral challenges and in need of social-emotional learning. Individualized support from health program specialists. Behavioral, occupational, speech-language therapist, and early intervention specialists available. Full day and before care programs available. Childcare assistance accepted. Monthly and/or hourly fees apply. Eagle River only.</p>	907.694.6002
<p><u>Kids Corps. Inc.</u></p> <p>Full-day program for children aged 3-5 years from low-income families. Full day program has fees associated. Part-day services have no fee. Nutritional services, health services, education, social services and parent involvement offered. Must have copy of child's birth certificate. Income documentation for 12 months required. Anchorage only.</p>	907.334.1040
<p><u>RurAL CAP</u></p> <p>Early childhood education programs offered. Sliding scale tuition.</p>	907.279.2511
<p><u>State of Alaska - Child Care Program Office</u></p> <p>Provides assistance for families in need of childcare. Families must be working or participating in an education/training program. Resource bank for childcare providers.</p>	<p>Gambell 907.269.6599 Muldoon 907.269.0001 Wasilla 907.376.3903</p>
<p><u>Temporary Assistance for Needy Families (TANF) - CITC</u></p> <p>Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.</p>	907.793.3300
<p><u>Thread Alaska</u></p> <p>Resource bank for childcare facilities. Advocates for access to quality, affordable childcare.</p>	907.265.3100

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OHS - Clothing

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Abused Women's Aid In Crisis (AWAIC)</u> Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Hosts group education classes related to DV/SA/ST topics for enrolled clients. Provides free clothing assistance, individual case management, 24/7 emergency shelter, legal support, relocation, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ years of age and/or accompanied by parent/legal guardian.	Business 907.279.9581 24/7 Crisis Line 907.272.0100
<u>Alaska Temporary Assistance Program (ATAP)</u> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare, clothing, and educational assistance.	Gambell 907.269.6599 Muldoon 907.269.0001 Mat-Su 907.376.3903
<u>Bishop's Attic Thrift Store</u> Low-cost thrift store available to the general public	907.279.6329
<u>Catholic Social Services</u> Provides housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers clothing assistance, unplanned pregnancy support, adoption services, refugee services, development disability services.	907.222.7300
<u>Heart 2 Heart</u> Clothing assistance for pregnant mothers, babies, diapers, and other baby supplies for free. Available once per month. Children's sizes up to 4T.	907.694.1747
<u>Lutheran Social Services</u> Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout AK. Food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.	907.272.0643
<u>Once Upon A Child</u> Thrift store for baby clothing and supplies. Shelter services offer vouchers. Must contact caseworker for more information.	907.562.8777
<u>Salvation Army - Alaska</u> Clothing vouchers to verified low-income individuals. Mat-Su and Anchorage.	907.745.7079

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OHS - Disability Services

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Access Alaska</u> Designed to assist people with disabilities live independently in their community of choice. Locations in Anchorage and Mat-Su.	Anchorage 907.248.4777 Mat-Su 907.357.2588
<u>Alaska Attachment & Bonding Associates</u> Training, support, advocacy and materials assistance for families who care for children with emotional disorders. Specializes in Reactive Attachment Disorder. Based in Wasilla.	907.376.0366
<u>Alaska Brain Injury Network</u> Education and advocacy for comprehensive services for TBI survivors, families, and caregivers. Offers support groups.	907.274.2824
<u>Alaska Center for the Blind and Visually Impaired</u> Assists clients with device assistance, manual skills, independent living, orientation and mobility. Support groups available. Blindness sensitivity training available.	907.248.7770
<u>Alaska Relay</u> Equipment for individuals with hearing and/or speech impairments who have difficulty using standard telephone equipment. Physician referral required.	907.787.1989 TTD/TTY/Voice 800.676.3777
<u>Alaska Youth and Family Network</u> Advocacy, Education and support for families of children/youth with emotional/behavioral/substance abuse challenges. Educates families and caregivers to navigate and manage relevant services. Peer counseling, parenting classes, youth and adult support groups available. Dinner served at support groups.	Anchorage 907.770.4979 Wasilla 907.631.3485
<u>ASSETS, Inc.</u> Assists Alaskans with mental illnesses and/or developmental disabilities live independently and find employment.	907.279.6617
<u>Arc of Anchorage</u> Disability services for Alaskans experiencing intellectual and developmental disabilities. No age restriction.	907.277.6677
<u>Family Outreach Center for Understanding Special Needs (FOCUS)</u> Preschool program for children aged 3-5. Specializes in working with children with behavioral challenges and in need of social-emotional learning. Individualized support from health program specialists. Behavioral, occupational, speech-language therapist, and early intervention specialists available. Full day and before care programs available. Childcare assistance accepted. Monthly and/or hourly fees apply. Eagle River only.	907.694.6002

<u>Hope Community Resources</u> Disability services for Alaskans who experience intellectual and/or developmental disabilities. No age restriction.	907.561.5335
<u>People Mover</u> Transportation service to people with disabilities that prevent use of People Mover bus service. Shared ride services available to persons aged 60+ years, recipients of Medicaid's Home and Community-Based Waiver, and ASD students with Title 1 assistance. Free group and one-on-one training services available to community members who don't know how to use the bus system.	907.343.6543
<u>Special Education Department (SPED) - ASD</u> Special Education services for pre-K through age 22. Services available through TTY for individuals who are deaf and hard of hearing.	907.742.4000
<u>The Whaley Center</u> Special Education center for students, grades 6-12, who experience physical and/or developmental disabilities.	907.742.2350

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OHS - Emergency Financial Assistance

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Temporary Assistance Program (ATAP)</u> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.	Gambell 907.269.6599 Muldoon 907.269.0001 Mat-Su 907.376.3903
<u>Anchorage Coalition to End Homelessness</u> Resource bank for those experiencing homelessness. Visit site for resources.	N/A
<u>Catholic Social Services</u> Housing assistance, emergency and long-term transitional options, individual case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability services.	907.222.7300
<u>Cook Inlet Tribal Council (CITC) - Burial Assistance</u> Cash assistance for those who have lost a loved one who is Alaska Native and/or American Indian. Need photo ID, proof of Native blood, proof of residency within Anchorage Municipality, time of death, and documentation of lack of resources.	907.793.3300

<u>CITC - Low Income Heating Assistance Program</u> Assistance with utility bills for low income Alaska Native/American Indian families residing within the Anchorage Municipality. Income eligibility criteria apply.	907.793.3300
<u>CITC - Temporary Assistance for Needy Families (TANF)</u> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, childcare and educational assistance.	907.793.3300
<u>General Relief Assistance (GRA)</u> Meets basic needs of Alaskans in emergency situations. Includes shelter, utilities, food, clothing, and burial assistance. The need cannot be met by any other program/agency. Must have proof of an immediate and specific need. Must be Alaska resident, 18+ years OR minor must be married/living apart from parents and managing their own finances.	Gambell 907.269.6599 Muldoon 907.269.0001 Wasilla 907.376.3903
<u>GCI - Lifeline</u> Unlimited nationwide talk and text, with 10 GB data for \$1/mo. for verified low-income Alaskan residents. Reverify annually. Food stamps verification automatically qualifies.	907.265.5400
<u>Lutheran Social Services</u> Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, and direct assistance available.	907.272.0643
<u>Nine Star Education and Employment Services</u> Adult Basic Education (ABE), English as a Second Language (ESL), GED and High School Equivalency instruction and testing. Sliding scale fee. Anchorage and Mat-Su locations. Emergency financial assistance may be available on a case-by-case basis.	907.279.7827
<u>Unemployment Insurance (UI) - State of Alaska</u> Workers who have become unemployed or working less than full-time hours may receive a weekly stipend. Must be actively seeking work and report weekly work searches. Anchorage and Mat-Su served.	907.269.4700

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OHS - Emergency Housing/Shelters

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Abused Women's Aid In Crisis (AWAIC)</u> Domestic violence (DV) / sexual assault (SA) / stalking (ST) support. Group classes for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Offers secure housing for pets. 18+ years of age or accompanied by parent/legal guardian.	Business 907.279.9581 24/7 Crisis Line 907.272.0100

<p><u>Anchorage Gospel Rescue Mission</u></p> <p>Overnight shelter to house men and women without a home, up to 100 people. 6-month accommodations available for women returning to work and transitioning to permanent housing. 2-year Life Skills program allows men aged 25-30 years for recovery and reintegration to life at no cost. Laundry, shower services, limited medical care, counseling, GED completion, and school supplies available. First-come first serve.</p>	907.563.5603
<p><u>Beacon Hill</u></p> <p>Judgement-free, safe support for children and parenting teens needing emergency housing support. When faced with crisis, this is a resource for parents to turn to in order to surrender their children into a safe home while maintaining full custody (and not surrendering their children to the adoption/foster care system). Volunteers are highly screened. Parents can return for their children at any time. Hosting may vary from a few days to several months. Children aged from birth - 18 years, and parenting teens hosted.</p>	907.222.0925
<p><u>Brother Francis Shelter - Catholic Social Services (CSS)</u></p> <p>Emergency overnight shelter for men and women without a home. Evening services include: overnight baggage storage, dinner, showers, laundry, basic medical care, medicine storage, clothing room. First-come first serve.</p>	907.277.1731 CSS Main 907.222.7300
<p><u>Child in Transition - Anchorage School District (ASD)</u></p> <p>Assists homeless students in ASD to stay in school. Provides transportation assistance throughout the school year, basic material necessities, and referrals to housing and emergency housing programs throughout Anchorage.</p>	907.742.3833
<p><u>Clare House - CSS</u></p> <p>24/7 Emergency shelter for pregnant women, and women with children. Mom must be 18+ years old. Long-term transitional housing option available.</p>	907.563.4545 CSS Main 907.222.7300
<p><u>Covenant House Alaska</u></p> <p>Shelter for homeless and runaway youth. Assists youth in building skills necessary for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter available to 21 years old and under. Transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255
<p><u>Downtown Hope Center</u></p> <p>Houses up to 50 women year-round. Showers, laundry, basic toiletries, food services .</p>	907.277.4302
<p><u>Emergency Cold Weather Program (ECWP)</u></p> <p>When weather reaches below freezing in the wintertime, AWAIC and Alaska 211 provide support to callers looking for shelter. Families with children and pregnant women only.</p>	WINTER ONLY 211 OR 902.272.0100
<p><u>Lutheran Social Services</u></p> <p>Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, and direct assistance available.</p>	907.272.0643

<u>McKinnell House - Salvation Army</u> Emergency shelter for families without a home. Case management, educational services & food up to 6 months after discharge. Priority to single men with children.	907.375.3500
<u>Safe Harbor and Sitka Place</u> Safe housing for very low-income homeless families and individuals. Case management services provided to help families move towards self-sufficiency.	Sitka Place 907.868.7373 Safe Harbor 644.8525
<u>Standing Together Against Rape (STAR)</u> Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Hosts group education classes and trainings related to SA/ST/DV. Offers case management, counseling services, emergency shelter referrals to outside partners, legal support, and advocacy. 18+ years of age and/or accompanied by parent/legal guardian.	Business 907.276.7279 24/7 Crisis: 907.276.7273 State Crisis: 800.478.8999

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OHS - Employment, Education and Job Training

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Adult Learning Center (ALC)</u> Adult Basic Education (ABE), English as a Second Language (ESL), Citizenship education, GED/High School Equivalency courses and testing available. Fees vary. Eligibility varies.	907.375.6000
<u>Alaska Career College (ACC)</u> Offers programs in aircraft dispatching, business, and healthcare. Anchorage only.	907.563.7575
<u>Alaska Commission on Post-Secondary Education (ACPE)</u> Resource bank for scholarships for vocational and post-secondary education. FAFSA application assistance. Provides workshops on loans and scholarships for students.	907-269-7980
<u>Alaska Job Corps</u> Vocational training in Anchorage/Palmer locations. GED education and testing available. Housing, meals, transportation, driver's education, basic healthcare services available.	907.861.8721
<u>Alaska Literacy Program (ALP)</u> Adult Basic Education (ABE), Citizenship preparation and English as a Second Language (ESL) classes offered. Preschool services for children (aged 3-5) of parents who are enrolled in classes at ALP. Must be aged 16 years or older and no longer in school.	907-337-1981
<u>Alaska Native Tribal Health Consortium (ANTHC)</u> Trainings for medical care aides, dental care aides, mental health and substance abuse counseling.	907.563.2662

<u>Alaska Pacific University (APU)</u> Post-Secondary educational programs available for those ready to engage in a Bachelor's degree or Master's program. Various programs.	800.252.7528
<u>Alaska Works Partnership</u> Free introductory training in carpentry, welding, plumbing, electrical, weatherization, etc. Anchorage and Mat-Su trainings available. Female-only classes option available.	907.569.4711
<u>Anchorage Community Mental Health Services (ACMHS)</u> Offers pre-vocational training to youth experiencing barriers to employment, including behavioral health disorders. Supports for mental health services available, not required. Must be 16-23 years old. Interpreting services available.	907.562.7900
<u>Anchorage Job Center</u> Assistance with employment and training services navigation. Resume and cover letter assistance. Resources for employment and training financial assistance. Locations in Muldoon and Midtown. Mt. View location located at Mt. View library.	Midtown 907.269.4800 Muldoon 907.269.2000
<u>Anchorage School District (ASD)</u> Serves children/ youth ages 3-21 years old with K-12 classes. Gifted, Talented, Alternative Ed, and Special Education programs available. Interpreting/TTY services available.	907.742.4000
<u>Calista Native Corporation</u> Financial aid assistance for higher education, vocational training, and continuing education courses offered to Calista Corporation shareholders and their descendants.	907.275.2800
<u>Career and Technical Education - Anchorage School District (ASD)</u> Vocational and higher education training options available at each ASD high school, and at King Tech High. UAA credits offered for various program completions.	907.742.4000
<u>Charter College</u> Offers programs in business, healthcare, information technology, and other trade/vocational education. Locations in Anchorage and Wasilla.	Anchorage 907.277.1000 Wasilla 907.352.1000
<u>Child in Transition - Anchorage School District (ASD)</u> Assists homeless students in ASD to stay in school. Provides transportation assistance throughout the school year, basic material necessities, and referrals to housing and emergency housing programs throughout Anchorage.	907.742.3833
<u>The CIRI Foundation</u> Offers yearly booklet with a guide on how to select a school for higher education, complete with hundreds of scholarship sources. Further offers assistance with vocational training, higher education services, internships, project grant assistance. Eligibility criteria apply.	907.793.3575

Cook Inlet Tribal Council (CITC) - Educational Services Limited student financial aid services for higher education. STEM learning labs, computer and technology classes, culture camps available. Various programs to enrich academics, cultural values, traditional knowledge, family involvement, and youth development.	907.793.3265
CITC - Employment and Training Services Department Various education, training, and employment programs available. Assists in achieving meaningful and sustainable employment. Offers case management, child-care financial assistance, vocational rehabilitation, employment placements, career/job counseling, GED assistance, etc. Most programs require Alaskan Native/American Indian heritage.	907.793.3300
CITC - Tribal Vocational Rehabilitation (TVR) Assists Alaska Native (AN) and American Indian (AI) individuals with disabilities to gain and/or maintain employment. Must be verified AN and/or AI. Must have a documented physical, intellectual and/or mental health condition that is a barrier to employment. Must be willing and/or currently are receiving services from Social Security for disability OR willing to allow TVR to contact Social Security for disability.	907.793.3360
CITC - Youth Services Support programs for youth aged 14-24. Assists in finding employment, furthering education, and providing youth leadership opportunities. Provides case management for: high school credit, GED completion, life-skills training, work readiness training, work experience, etc. Assists with internships through the Youth Employment Program (YEP).	907.793.3114
Crossroads School Alternative high school designed to meet the needs of pregnant and/or parenting teens in Anchorage. Continue and complete high school education without the loss of credit or time. Provides education around having a healthy pregnancy and good parenting skills. Must have a verified pregnancy and/or have given birth. Students accepted year-round.	907.742.2050
State of Alaska - Division of Vocational Rehabilitation (DVR) Employment and training assistance for individuals who experience intellectual, physical, and developmental disabilities.	907.269.3570 907.465.2814
Galena City School District - Anchorage and Mat-Su Homeschool high school education program for students 14 to 21 years old.	Anchorage 907.562.4332 Mat-Su 907.357.4850
Goodwill Job Connections Employment navigation assistance. Resume and cover letter assistance.	907.258.0010 907.563.6355 907.344.4640

<u>Lutheran Social Services</u> Aid to low-income individuals and families. School supplies for ASD students, food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.	907.272.0643
<u>Midtown Job Center</u> Assistance with employment and training services navigation. Resume and cover letter assistance. Resources for employment and training financial assistance.	907.352.2500
<u>Nine Star Education and Employment Services</u> Adult Basic Education (ABE), English as a Second Language (ESL), GED and High School Equivalency instruction and testing. Sliding scale fee. Anchorage and Mat-Su locations.	907.279.7827
<u>People Mover</u> Transportation service to people with disabilities that prevent use of People Mover bus service. Shared ride services available to persons aged 60+ years, recipients of Medicaid's Home and Community-Based Waiver, and ASD students with Title 1 assistance. Free group and one-on-one training services available to community members who don't know how to use the bus system.	907.343.6543
<u>State of Alaska - Division of Employment and Training Services</u> Grants for verified low-income applicants seeking continuing education services. Assistance for individuals with disabilities, post-incarceration, veterans, dislocated workers, older Alaskans, and youth.	907.465.2712
<u>University of Alaska</u> Wide variety of programs offered. Distance-ed options available. Campuses throughout Alaska, including Anchorage and Mat-Su.	907.450.8100

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OHS - Food and Nutrition

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>Alaska Native Tribal Health Consortium (ANTHC)</u> Food Distribution Program on Indian Reservations Program provides a month's supply of nutritional food to eligible households in Alaska Native Tribal communities and households. Must meet income standards, living in an approved area, one family member must be part of a Federally recognized Tribe.	907.729.2975
<u>Alaska Temporary Assistance Program (ATAP)</u> Temporary cash assistance to families with children to assist them in becoming self-sufficient through career planning, training, clothing, childcare and educational assistance.	Gambell 907.269.6599 Muldoon 907.269.0001 Mat-Su 907.376.3903

<u>Anchorage Gospel Rescue Mission</u> Breakfast and dinner to single adults and families in need. All youth under 18 must have an adult accompany them. Overnight shelter and longer-term shelter options available. Must pass breathalyzer to access the building. Anchorage only.	907.563.5603
<u>Bean's Cafe</u> Warm breakfast and lunch to anyone in need, every day of the year. Serves population regardless of housing status. Operates the Children's Lunchbox. Provides fresh meals to local community programs serving children. Provides meals to 8 Title 1 schools in Anchorage. Operates Summer Food Program, feeding children even when school is out for the summer. These programs are free to those aged 18 and younger.	907.433.8600
<u>Catholic Social Services</u> Housing assistance, emergency/long-term transitional options, case management, food assistance for men, women, and children. Offers unplanned pregnancy support, adoption services, refugee services, development disability, and clothing assistance services.	907.222.7300
<u>Fellowship In Serving Humanity (F.I.S.H.)</u> Delivers emergency food to people residing in Anchorage. Food is delivered a day after the call is received. Calls accepted certain days; aid provided once per 30 days. No fee.	907.277.0818
<u>Food Bank of Alaska</u> Distributes salvaged food to food pantries, soup kitchens, senior centers, children's programs, and families, no cost. Posts monthly hot meal/food pantry distribution calendars for Anchorage/Mat-Su areas.	907.272.3663
<u>Lutheran Social Services</u> Aid to low-income individuals and families. Partners with other agencies to address urgent human needs throughout Alaska. Food pantry, transportation assistance, emergency relief funds, transitional housing, clothing assistance and direct assistance available.	907.272.0643
<u>New Hope Compassionate Ministries</u> Food pantry every Tuesday, 10:30am - 1:00pm. ID required. Bring your own bags.	907.274.4673
<u>North Anchorage Church of God</u> Food bank open every Thursday from 10:00am - 12:00pm, as supplies are available.	907.333.5279
<u>State of Alaska - Division of Public Assistance</u> Food benefits to verified low-income households. Food Stamp benefits available via Alaska Quest Card statewide. Must be aged 16-59 years. Other eligibility criteria apply.	907.891.8913
<u>St. Christopher's Episcopal Church (Website unavailable)</u> Food pantry for individuals and families in need. ID and proof of local residency required. No fee. Once per month service. Thursdays 10:00am - 12:00pm.	907.333.5010
<u>St. Francis House Food Pantry - Catholic Social Services</u> Client choice food pantry, Anchorage-based, no fee. Assists with the summer food service program 18 years old and younger.	907.222.7300

<p><u>Women, Infants, and Children Program (WIC)</u></p> <p>Public health program providing nutrition and breastfeeding education, counseling, support, nutritious foods and referrals to needed services. Must live in Alaska, have a nutritional need, and meet low-income guidelines.</p>	<p>Find the clinic closest to your location: http://signup.wic.com/</p>
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Primary Healthcare

<p><u>211 Alaska</u></p> <p>Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><u>Alaska Native Medical Center (ANMC)</u></p> <p>Primary care services for children and adults, from physical to behavioral health services. Visit site for questions regarding eligibility: https://anmc.org/patients-visitors/eligibility/</p>	907.729.3300
<p><u>Alaska Regional Hospital</u></p> <p>Primary care services for children and adults. Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary.</p>	907.276.1131
<p><u>Anchorage Neighborhood Health Center (ANHC)</u></p> <p>Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC M - F.</p>	907.743.7200
<p><u>Mat-Su Health Services, Inc.</u></p> <p>Primary health care for the whole family from physicals to chronic illness management.</p>	Big Lake + Wasilla 907.376.2411
<p><u>Providence Alaska Medical Center</u></p> <p>Primary care services for adults and children.</p>	907.212.3420

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Reproductive Care

<p><u>211 Alaska</u></p> <p>Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.</p>	2-1-1
<p><u>Alaska Native Medical Center (ANMC)</u></p> <p>Cares for expectant/new mothers and their babies. Offers childbirth education, lactation consultation, and genetic counseling. Offers private delivery and semi-private recovery rooms with space to accommodate one family member. Insurance preferred. Visit site for questions regarding eligibility: https://anmc.org/patients-visitors/eligibility/</p>	<p>Obstetrics 907.729.3100</p> <p>Labor/Delivery 907.729.3200</p>

<u>Alaska Regional Hospital</u> Pre to postnatal care, labor and delivery services. Offers childbirth, baby safety, and breastfeeding education classes. Fees vary based on class/service. Insurance preferred.	907.276.1131
<u>Alaska Women's Health</u> Offers a full range of obstetrics and gynecology services. Partners with Providence Medical Center Alaska and Alaska Regional Hospital on an as-needed basis for emergent and inpatient care. Accepts Medicaid/Medicare. Insurance preferred.	907.563.5151 or 907.563.7228
<u>Anchorage Neighborhood Health Center (ANHC)</u> Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.	907.743.7200
<u>Anchorage Women's Clinic</u> Reproductive, nutritional, mental, and obstetric health care. Health education classes offered in Anchorage related to: obstetrics, gynecology, fertility, and nutrition.	907.561.7111
<u>Geneva Woods Birth Center</u> Pre to postnatal care, medical and water birth services, lactation support, and health education classes in related fields. Class/service costs vary. Classes do not require enrollment. Services require enrollment. Insurance preferred.	907.561.2626
<u>Mat-Su Regional Medical Center - Family Birthing Center</u> Primary care center based in the Mat-Su valley. Offers a Family Birthing Center, childbirth education classes to parents, lactation consulting, prenatal, birthing, and post-natal care. Insurance preferred but not required. Adjustable rates available.	907.861.6000
<u>Midwifery & Women's Healthcare</u> Classes related to childbirth, C-section, labor support, prenatal, postnatal, and breastfeeding topics. Fees vary. Prenatal, birth, postpartum, and lactation support and care. Offers medical and holistic women's wellness, counseling, massage therapy.	907.561.5152
<u>YWCA Alaska</u> Reproductive care outreach, education, and screening referrals for under-served women and men. Breast and cervical screening exams, pap test, pelvic exams, mammograms, and other diagnostic exams available. Financial support available for men for breast cancer screening. Transportation, childcare, emotional support, translation services available.	907.644.9600

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Sex Education

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
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<u>I Know Mine</u> Resource bank for comprehensive and medically accurate sex education. Order free condoms, HIV/AIDS/STD/STI Testing kit, find a clinic through the site. Ask confidential questions about sex, health, etc. Information and resources on STDs, pregnancy, nutrition, LGBTQ+, dating violence, etc. available on website and confidential chat.	Contact online: https://www.iknowmine.org/contact-us
<u>Planned Parenthood</u> Medically accurate and comprehensive sex education. Conforms to local/state policies/laws on sexual health education.	800.769.0045
<u>Sex, etc.</u> National site providing complete, comprehensive, medically accurate sex ed information.	N/A
<u>Southcentral Foundation Primary Care Center</u> Testing, screening, and counseling on all health issues, including sexual health.	907.729.1000
<u>Strengthening Our Youth - Tribal PREP CITC</u> Offers mentoring and education opportunities, including hours at the Dena'ina House (supportive housing for youth seeking independent living through Covenant House's Rights of Passage Program). Provides evidence-based and culturally appropriate sex education, career and educational services, financial literacy, healthy relationships, life skills, parent-teen communication, adulthood navigation, and adolescent development guidance.	907.793.3265

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Substance Abuse Prevention and Counseling

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
<u>AKEELA, Inc.</u> Prevention and treatment services for substance/alcohol abuse. General mental health services for adults and youth, emergency psychological services, chronic/severe mental illness support, transitional housing for recovering substance users. Anchorage & Mat-Su	907.565.1200
<u>Alaskan Aids Assistance Association - Anchorage (4 As)</u> Free sterile syringes, cookers, cottons, sharps containers, tourniquets, alcohol swabs, Narcan kits, condoms. Safe sharps disposal. Referrals for STI/STD and addiction/recovery programs. Even exchange of syringes. Limit of 200.	907.264.2050
<u>Al-Anon</u> Mutual support group of peers who share experiences of having a problem drinker in their lives. Offers support and advice. Locations vary in Anchorage/Mat-Su.	Find a meeting: https://al-anon.org/al-anon-meetings/

<p><u>Alaska Family Services</u></p> <p>Offers substance abuse counseling, family violence intervention, parenting workshops, and residential services for youth. Emergency shelter available for women with children. Legal services, group education, outpatient chemical dependency support available.</p>	907.746.4080
<p><u>Alcoholics Anonymous (AA)</u></p> <p>Regular meetings, in person or via phone, for recovering/current alcoholics to provide a listening ear and support each other in reaching for sobriety. Schedule is online. Meetings available in Anchorage and Mat-Su.</p>	<p>Business 907.272.2312 24/7 Hotline 907.272.2312</p>
<p><u>Alcohol Safety Action Program (ASAP)</u></p> <p>Substance abuse screening, case management, and accountability for alcohol/drug related misdemeanor cases. Neutral link between justice and health care systems.</p>	907.264.0735
<p><u>Anchorage Neighborhood Health Center (ANHC)</u></p> <p>Primary care services for children and adults. Dental health care, behavioral health, pregnancy health, addiction treatment available. Healthcare for the Homeless Program include health education, community outreach, individual care plans, and 3rd party referrals. Shuttle services from downtown transit center and ANHC Monday-Friday.</p>	907.743.7200
<p><u>Celebrate Recovery</u></p> <p>Twelve-step recovery program for those struggling with hurt, pain, or addiction. Locations available in Anchorage and Mat-Su Valley.</p>	<p>Visit this link for contact information: https://www.celebraterecovery.com/crgroups</p>
<p><u>Clitheroe Center - Salvation Army</u></p> <p>Inpatient and outpatient treatment centers. Residential treatment co-occurring/dual diagnosis center in Anchorage. Has pre-admission assessments, interim treatment, and post-residential aftercare.</p>	907.770.8812
<p><u>Creative Living Publications</u></p> <p>Distance course to help clients better understand the effects of substance use on the body and equip clients to make desired changes. Results in course completion certificate that may be used in court and DMV proceedings. Course cost varies. No age restriction.</p>	907.947.3962
<p><u>Cornerstone Recovery</u></p> <p>Substance use assessment, treatment, support/referrals for services needed to begin the process of recovery. Alcohol Drug Information School classes held monthly.</p>	907.339.8760
<p><u>Covenant House Alaska</u></p> <p>Emergency shelter for homeless/runaway youth. Assists youth in building skills for independent living. Limited medical services, mental health, substance abuse, counseling services available. Emergency shelter for 21 years old and under. Transitional housing for ages 18-24. Housing available for parenting/pregnant women aged 17-21.</p>	907.272.1255

<u>Discovery Cove Alaska</u> Numerous programs for substance use recovery. From DWI classes to outpatient.	907.694.5550
<u>Ernie Turner Center - Cook Inlet Tribal Council (CITC)</u> Inpatient residential program. Serves all individuals with addictions and/or mental health disorders. Stays are up to 6 months. Offers mental health and substance-abuse counseling, group therapy, and case management services.	907.688.1750
<u>Genesis</u> Residential care, continuing care, and transitional housing for those in recovery from substance abuse. Sliding fee scale.	907.243.5130
<u>Narcotics Anonymous (NA)</u> Regular meetings, in person or via online, for recovering addicts to help each other stay clean. Must have a desire to stop using narcotics. Zoom online link available at site. NA meeting map available online. Locations available in Anchorage and Mat-Su.	907.277.5483
<u>Recovery Alaska</u> Faith-based recovery program for those who experience substance abuse.	Contact info on website.
<u>Recovery Services - Cook Inlet Tribal Council (CITC)</u> Comprehensive treatment to assist individuals in all stages of recovery from substance abuse/addiction. Support for those reentering society after incarceration. Provides assessments, residential and outpatient treatment, individual and group counseling, alumni and peer support, prevention programs.	907.793.3200
<u>Renew Your Mind</u> Outpatient services for individuals with alcohol/substance addiction. Offers individual counseling, group therapy, family therapy, and more. Insurance preferred, not required.	907.222.5464
<u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u> Provides substance use and mental disorder information, services, and research more accessible. National helpline provides free, confidential 24/7 treatment referral and information services for individuals and families w/ mental and/or substance use.	Business 877.726.4727 National Line 800.662.4357
<u>Volunteers of America Alaska</u> Education and support for youth struggling with substance misuse and mental health conditions. Offers prevention education programs.	907.279.9640

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Violence Prevention and Intervention

Directory of Shelters and Victim Advocates: <http://law.alaska.gov/departments/criminal/shelter-directory.html>

<u>211 Alaska</u> Phone/online resource bank to connect with a wide variety of services for almost any need. Available state-wide wherever phone/online available.	2-1-1
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<u>Abused Women's Aid In Crisis (AWAIC)</u> Domestic violence/sexual assault/stalking support. Group classes related to DV/SA/ST topics for enrolled clients. Provides individual case management, 24/7 emergency shelter, legal support, counseling, long-term housing support, and advocacy. Offers secure housing for pets. Must be 18+ and/or accompanied by parent/legal guardian.	Business 907.279.9581 24/7 Crisis Line 907.272.0100
<u>Alaska CARES</u> Assists children who have experienced abuse/trauma. Offers victim advocacy, law enforcement, child protection, tribal health, forensic medicine, mental health support.	907.561.8301
<u>Alaska Family Services</u> Offers substance abuse counseling, family violence intervention, parenting workshops, and residential services for youth. Emergency shelter available for women with children. Legal services, group education, outpatient chemical dependency support available.	907.746.4080
<u>Alaska Native Justice Center (ANJC)</u> Advocacy and intervention services for divorce, child custody, domestic violence/sexual assault, minor in consuming violations, and adult prisoner reentry. May provide pro se civil legal attorney representation. Free legal clinics offered. Serves all ethnicities.	907.793.3550
<u>Alaska Network on Domestic Violence & Sexual Assault (ANDVSA)</u> Supports domestic violence and sexual assault programs in Alaska through legal advocacy, pro bono attorney services, legislative/legal advocacy, and resources for victim advocacy and violence prevention programs. Can connect people to relevant services.	907.586.3650
<u>Alaska Office of Victims' Rights</u> Provides free legal services to victims of crime. Offers assistance with restitution.	907.754.3460 844.754.3460
<u>Chugachmiut Women's Violence Intervention</u> Wide variety of prevention-oriented community outreach/intervention services related to domestic violence and sexual assault. Offers 24/7 free crisis line.	Business 907.562.4255 24/7 Crisis 907.444.6485 844.544.6485
<u>Life Skills - Cook Inlet Tribal Council (CITC)</u> Classes specifically designed for TANF/GA recipients. Classes range from resiliency, domestic violence awareness, Alaska Native culture, nutrition, education, to employment. Contact caseworker or CITC front desk to register. No fee.	907.793.3300
<u>Love is Respect</u> National site with information about domestic violence, sexual assault, and stalking.	866.331.9474
<u>National Domestic Violence Hotline</u> 24/7, free, confidential line for victims/survivors of DV. Online chat available	800.799.7233

<u>National Sexual Assault Hotline</u> 24/7, free, confidential line for victims/survivors of sexual assault. Online chat available.	800.656.4673
<u>Southcentral Foundation (SCF) - Family Wellness Warriors Initiative</u> Education courses regarding domestic violence and its effects on the person and the community. Wasilla and Anchorage courses available.	Anchorage 907.729.5440 Wasilla 907.631.7426
<u>Standing Together Against Rape (STAR)</u> Sexual assault (SA) / stalking (ST) / domestic violence (DV) support. Group education classes and trainings related to SA/ST/DV. Case management, counseling services, emergency shelter referrals to outside partners, legal support, group education classes, and advocacy. 18+ years and/or accompanied by parent/legal guardian.	Business 907.276.7279 24/7 Crisis: 907.276.7273 State Crisis: 800.478.8999
<u>Victim Information and Notification Everyday (VINE)</u> Alert system offering the most up-to-date and reliable information regarding custody status changes and criminal case information for selected perpetrator(s).	800.247.9763
<u>Victims for Justice</u> Assists victims of violent crime in various support methods. Confidential, emotional/grief support, financial support, court accompaniment, criminal justice process education, prosecution to police support, community resource navigation, etc.	907.278.0977 888.835.1213
<u>Violent Crimes Compensation Board (VCCB)</u> Financial assistance available to pay for victim's crime-related expenses, up to \$40,000. Financial loss must be the direct result of a violent crime. Eligibility criteria apply.	907.465.3040

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RESOURCE NAME: RESOURCE WEBSITE
211 Alaska: https://alaska211.org/
311 Alaska: (Website unavailable)
Abused Women's Aid In Crisis (AWAIC): http://www.awaic.org/
Access Alaska: https://www.accessalaska.org/
Adult Children of Alcoholics: https://adultchildren.org/
Adult Learning Center (ALC): http://www.akalc.com/
AKEELA, Inc.: http://www.akeela.us/about-akeela/
Al-Anon: https://al-anon.org/
Alaska Attachment & Bonding Associates: http://www.akattachment.org/index.htm
Alaska Breastfeeding Coalition: http://www.alaskabreastfeeding.org
Alaska Breastfeeding Community: https://www.facebook.com/groups/akbfaware/
Alaska Career College (ACC): https://www.alaskacareercollege.edu/
Alaska CARES: https://www.psjhealth.org/alaska-cares
Alaska Center for the Blind and Visually Impaired: http://www.alaskabvi.org/
Alaska Commission on Post-Secondary Education (ACPE): https://acpsecure.alaska.gov/
Alaska Dental Society: https://www.akdental.org/
Alaska Family Services: http://www.akafs.org/
Alaska Job Corps: https://alaska.jobcorps.gov/
Alaska Literacy Program (ALP): http://www.alaskaliteracyprogram.org/
Alaska Native Justice Center (ANJC): http://www.anjc.org/
Alaska Native Medical Center (ANMC): https://anmc.org/services/obstetrics-gynecology/
Alaska Native Tribal Health Consortium (ANTHC): https://anthc.org/what-we-do/traditional-foods-and-nutrition/food-distribution-program-on-indian-reservations/ ;
Alaska Native Tribal Health Consortium (ANTHC): https://anthc.org/
Alaska Network on Domestic Violence & Sexual Assault (ANDVSA): https://andvsa.org/

Alaska Office of Victims' Rights: https://ovr.akleg.gov/
Alaska Pacific University (APU): https://www.alaskapacific.edu/
Alaska Poison Control System: http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/Poison/Default.aspx
Alaska Psychiatric Institute (API): http://dhss.alaska.gov/api/Pages/default.aspx
Alaska Regional Hospital: https://alaskaregional.com/service/childbirth-family-education
Alaska Relay: https://alaskarelay.com/
Alaska Rx: https://alaskarxcard.com/about
Alaska Temporary Assistance Program (ATAP): http://dhss.alaska.gov/dpa/Pages/atap/default.aspx
Alaska Women's Health: http://www.akwomenshealth.com
Alaska Works Partnership: https://www.alaskaworks.org/
Alaska Youth and Family Network: http://www.ayfn.org/
Alaskan Aids Assistance Association - Anchorage (4 As): https://www.alaskanids.org/
Alcoholics Anonymous (AA): http://anchorageaa.org/
Alcohol Safety Action Program (ASAP): http://dhss.alaska.gov/dbh/Pages/Prevention/programs/asap/default.aspx
Anchorage Coalition to End Homelessness: http://anchoragehomeless.org/get-help/
Anchorage Community Mental Health Services (ACMHS): https://acmhs.com/
Anchorage Gospel Rescue Mission: https://www.anchoragerescue.org/
Anchorage Job Center: https://jobs.alaska.gov/offices/
Anchorage Neighborhood Health Center (ANHC): https://www.anhc.org/
Anchorage Police Department (APD): http://www.muni.org/departments/police/Pages/default.aspx
Anchorage Project Access: https://anchorageprojectaccess.org/
Anchorage School District (ASD): https://www.asdk12.org/
Anchorage Women's Clinic: http://www.anchoragewomensclinic.com
Arc of Anchorage: https://thearcofanchorage.org//
ASSETS, Inc.: https://assetsinc.org/

Beacon Hill: https://www.beaconhillak.com/
Bean's Cafe: https://www.beanscafe.org/
Alaska Brain Injury Network: https://alaskabraininjury.net/contact/
Bishop's Attic Thrift Store: https://www.archdioceseofanchorage.org/other-catholic-resources/bishops-attic/
Brother Francis Shelter - Catholic Social Services (CSS): https://www.cssalaska.org/our-programs/brother-francis-shelter/
Calista Native Corporation: https://www.calistacorp.com/
Career and Technical Education - Anchorage School District (ASD): https://www.asdk12.org/Page/5358
Careline Alaska: (Website unavailable)
Catholic Social Services: https://www.cssalaska.org/
Celebrate Recovery: https://www.celebraterecovery.com/
Center for Loss in Multiple Birth (CLIMB): https://www.climb-support.org/
Charter College: https://www.chartercollege.edu/locations/anchorage-ak
Child Care Assistance - Cook Inlet Tribal Council (CITC): https://citci.org/employment-training/child-care/
Child in Transition - Anchorage School District (ASD): https://www.asdk12.org/domain/1198
Chugachmiut Women's Violence Intervention: http://www.chugachmiut.org/health-social-services/social-services/womens-violence-intervention/
Cook Inlet Tribal Council (CITC) - Educational Services: https://citci.org/education/
CITC - Employment and Training Services Department: https://citci.org/employment-training/
CITC - Low Income Heating Assistance Program: https://citci.org/employment-training/low-income-heating-assistance/
CITC - Temporary Assistance for Needy Families (TANF): https://citci.org/employment-training/tribal-tanf-temporary-assistance/
CITC - Tribal Vocational Rehabilitation (TVR): https://citci.org/employment-training/tribal-vocational-rehabilitation-tvr/
CITC - Youth Services: https://citci.org/employment-training/youth-service/
Clare House - CSS: https://www.cssalaska.org/our-programs/clare-house/

Clare Swan Early Learning Center: https://citci.org/partnerships-events/clare-swan-early-learning-center/
Clitheroe Center - Salvation Army: http://dhss.alaska.gov/dbh/Pages/ResidentialSUD/facilities/Clitheroe-Center.aspx
Cook Inlet Native Head Start: https://www.cookinletnativeheadstart.net/
Cook Inlet Tribal Council (CITC) - Burial Assistance: https://citci.org/employment-training/burial-assistance/
Cook Inlet Tribal Council (CITC) - Educational Services: https://citci.org/education/
Community Pregnancy Center: https://cpcanchorage.com/
Cornerstone Recovery: https://www.cornerstonerecoveryclinic.org/
Covenant House Alaska: https://covenanthouseak.org/
Crisis Text Line: https://www.crisistextline.org/
Creative Living Publications: https://creativelivingpublications.net/
Crossroads School: https://www.asdk12.org/domain/4726
Dental Services - Southcentral Foundation (SCF): https://www.southcentralfoundation.com/services/dental-services/
Discovery Cove Alaska: https://www.discoverycovealaska.com/
Downtown Hope Center: https://www.downtownhopecenter.org/
Ernie Turner Center - Cook Inlet Tribal Council (CITC): https://citci.org/recovery/etc-residential-inpatient/
Emergency Cold Weather Program (ECWP): https://www.liveunitedanc.org/improving-lives/what-we-care-about/homelessness/emergency-cold-weather-shelter/
Family Outreach Center for Understanding Special Needs (FOCUS): http://www.focusoutreach.org/focus-early-learning-program/
FamilyWize Community Service Partnership: https://www.familywize.org/
Fellowship In Serving Humanity (F.I.S.H.): https://www.fishcharity.org/assistance.html
Food Bank of Alaska: https://www.foodbankofalaska.org/
Galena City School District - Anchorage: https://www.igradalaska.org/
Galena City School District - Mat-Su: https://www.ideafamilies.org/

GCI - Lifeline: https://www.gci.com/mobile/lifeline
General Relief Assistance (GRA): http://dhss.alaska.gov/dpa/Pages/gra/default.aspx
Genesis: https://www.genesisrecovery.org/treatment
Geneva Woods Birth Center: https://www.genevawoodsbirthcenter.com/
Goodwill Job Connections: https://goodwill-alaska.org/job-connections/
Healthcare.Gov: https://www.healthcare.gov/
Heart 2 Heart: https://h2hprc.org/
Hope Community Resources: https://www.hopealaska.org/
I Know Mine: https://www.iknowmine.org/for-youth/youth-resources
Kids Corps, Inc.: https://www.kcialaska.org/
Koniag: https://www.koniag.com/
Life Skills - Cook Inlet Tribal Council (CITC): https://citci.org/employment-training/life-skills-classes/
Love is Respect: https://www.loveisrespect.org/
Lutheran Social Services: https://www.lssalaska.org/
Mat-Su Health Services, Inc.: https://www.mshsak.org/
Mat-Su Regional Medical Center - Family Birthing Center: https://www.matsuregional.com/additional-information-maternity
McKinnell House - Salvation Army: https://mckinnellhouse.salvationarmy.org/
Midtown Job Center: https://jobs.alaska.gov/offices/
Midwifery & Women's Healthcare: http://mwhcanchorage.com/classes
Narcotics Anonymous (NA): https://www.akna.org/
National Alliance on Mental Illness: https://www.nami.org/
National Domestic Violence Hotline: https://www.thehotline.org/
National Sexual Assault Hotline: https://www.rainn.org/
National Suicide Prevention Lifeline: https://suicidepreventionlifeline.org/
New Hope Compassionate Ministries: https://www.newhopeak.org/
Nine Star Education and Employment Services: https://www.ninestar.org

North Anchorage Church of God: http://northanchorage.org/
Parenting with Providence: https://alaska.providence.org/services/m/maternity/classes-and-resources/parenting
People Mover: http://www.muni.org/departments/transit/peoplesmover/Pages/default.aspx http://www.muni.org/departments/transit/peoplesmover/Pages/default.aspx
Planned Parenthood: https://www.plannedparenthood.org/planned-parenthood-great-northwest-hawaiian-islands/education/comprehensive-sexuality-education
Providence Alaska Medical Center: https://alaska.providence.org/services/p/primary-care
Providence Alaska Medical Center - Outpatient Lactation Clinic: https://alaska.providence.org/services/w/womens-boutique
Providence Med Office Building (Mat-Su): https://alaska.providence.org/locations/m/matsu
Recovery Alaska: http://recoveryabt.org/
Recovery Services - Cook Inlet Tribal Council (CITC): https://citci.org/recovery/
Renew Your Mind : https://www.rehab.com/renew-your-mind/6002483-r
RurAL CAP: https://ruralcap.com/
Safe Harbor and Sitka Place: https://ruralcap.com/housing/safe-harbor/
Sex, etc. : https://sexetc.org/
Southcentral Foundation (SCF) - Family Wellness Warriors Initiative: https://www.southcentralfoundation.com/services/family-wellness-warriors-initiative-2/
Southcentral Foundation Primary Care Center: https://www.southcentralfoundation.com/services/primary-care-clinics/
Special Education Department (SPED) - ASD: https://www.asdk12.org/Page/1419
Standing Together Against Rape (STAR): http://www.staralaska.com/
State of Alaska - Child Care Program Office: http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx
State of Alaska - Denali KidCare: http://dhss.alaska.gov/dpa/Pages/dkc/default.aspx
State of Alaska - Division of Employment and Training Services: http://labor.alaska.gov/dets/
State of Alaska - Division of Public Assistance: http://dhss.alaska.gov/dpa/Pages/default.aspx
State of Alaska - Medicaid: http://dhss.alaska.gov/dpa/pages/medicaid/default.aspx
St. Christopher's Episcopal Church (Website unavailable)

St. Francis House Food Pantry - Catholic Social Services: https://www.cssalaska.org/our-programs/st-francis-house/
Strengthening Our Youth - Tribal Personal Responsibility Education Program (Tribal PREP) CITC: https://citci.org/education/tribal-prep/
Substance Abuse and Mental Health Services Administration (SAMHSA): https://www.samhsa.gov/about-us
The CIRI Foundation: http://thecirifoundation.org/raven-fund/
The Whaley Center: https://www.asdk12.org/Page/6672
Thread Alaska: https://www.threadalaska.org/
Unemployment Insurance (UI) - State of Alaska: http://labor.alaska.gov/unemployment/
University of Alaska: https://www.alaska.edu/alaska/
Victim Information and Notification Everyday (VINE): https://vinelink.vineapps.com/state
Victims for Justice: https://victimsforjustice.org/
Violent Crimes Compensation Board (VCCB): http://doa.alaska.gov/vccb/home.html
Volunteers of America Alaska: https://www.voaaak.org/
Women, Infants, and Children Program (WIC): http://dhss.alaska.gov/dpa/pages/nutri/wic/default.aspx
Women's Boutique: https://alaska.providence.org/services/w/womens-boutique
Women's Boutique - Family Support Counseling: https://alaska.providence.org/services/w/womens-boutique
YWCA Alaska: https://www.ywcaak.org/